VANCOUVER metro®

NEWS WORTH SHARING.

FORD EMPLOYEE PRICING IS BACK!

Love well and love smartly

Nev Schulman, host of Catfish, on how to avoid heartbreak when using dating sites PAGE 14

The Afterlife of Stars: Excerpt

All this week, Metro brings you the first chapter of Joseph Kertes' new book PAGES 24-25

THEY ARE THE CHALLENGERS OF ... THEMSELVES

IS THE NEW PORNOGRAPHERS' LATEST ALBUM BRILL BRUISERS THEIR BEST YET? PAGE 15

School's out as strike drags on

Labour. No further meetings are planned between teachers and the province

BC Teachers' Federation president Jim Iker, left, talks to teachers at the annual Labour Day picnic at Swangard Stadium in Burnaby on Monday.
STEFANIA SECCHIA/FOR METRO

B.C. public school classrooms are as empty as the bargaining table between the province and BC Teachers' Federation this week as no deal has been struck nor future meetings set.

This weekend, negotiations between the province and teachers' union came to a halt when veteran labour mediator Vince Ready determined the parties were too far apart. Although he walked out, he's still in contact with both parties.

After the full-scale strike that started on June 17, teachers will be back on the picket lines on Tuesday, which is bad news for the school districts left scrambling to prepare for the eventual start of the school year.

Vancouver School Board chair Patti Bacchus said her district's schools will have minimal staff on site and that parents should anticipate no school for the rest of the week.

"I've watched this taking shape for about 12 years," Bacchus told Metro regarding the teachers' strike. "I see this all coming together as this perfect storm of this long-simmering dispute."

When classes do start in the Vancouver school district, Bacchus said it won't be "business as usual" since there's still work that needs to be done, which was put on hold when the strike began.

BCTF president Jim Iker said his union is ready to talk this week, but so far no meeting has been set for the two sides.

"This is not acceptable that this government is content to have schools closed," he told Metro. "They had all summer to come to a bargaining table with us."

Iker said the union compromised at the table this weekend by reducing its demands by $125 million, but the province needs to come back with more resources and flexibility.

Education Minister Peter Fassbender was unavailable for comment Monday, but during a news conference on Sunday he said teachers and employers were more than $300 million apart.

"I wish I could tell British Columbians when students will be back in school," Fassbender said in a statement. "But right now, I don't see any quick or easy solutions."

The province has offered a seven per cent wage increase, $375 million over five years to address classroom needs and a six-year term "to provide stability for the education system," according to Fassbender.

Peter Cameron, the B.C. Public School Employers' Association's negotiator, said earlier this weekend that the teachers' union has to lower its demands for more funding before discussing classroom composition and size.

In a statement, the association said the union's proposal for more prep time at the elementary school level has an $86-million price tag alone.

STEFANIA SECCHIA/FOR METRO
WITH FILES FROM THE CANADIAN PRESS

MORE COVERAGE, PAGE 3

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NEWS 1

FIVE THINGS YOU NEED TO KNOW TODAY

1 REEL FUN

Inconceivable! The Princess Bride is the final open-air movie of the summer tonight in Stanley Park. The show at Ceperley Park, near Second Beach, begins after dark. **METRO**

2 BEACH CHIC

Summer is still in all its glory at the Vancouver Maritime Museum's exhibit Babes & Bathers: History of the Swimsuit, a display of swim fashions that dazzled Vancouver beaches from the 1890s to the 1980s. **METRO**

3 HOMEWORK BAN

Smart idea? An elementary school in Quebec has banned homework in classes from Grade 1 to 6 to see whether it will help improve scholastic outcomes. **THE CANADIAN PRESS**

4 'SEX GECKOS' DIE

No E.T. geckos, yet. Russia's space agency said its five "sex geckos" — sent into space for a study on weightlessness and sexual behaviour — died along their voyage. **METRO**

5 ITUNES FEST

The iTunes Festival has now started, with a different live concert each day of the month. Beck is the headliner today. For more info, visit itunesfestival.com. **METRO**

Parents scrambling for daycare

Spike in demand.
Spaces fill up in short order as B.C. teachers' strike delays school

Daycare operators in British Columbia are scrambling to keep up with increased demand for child support as more parents need places to babysit their kids because schools will not open.

Janos Stiasny, owner of Wise Owl Montessori Child Care, said spots in his daycare have filled right up because of the ongoing teachers' strike.

He said he normally gets more than 65 children, but after the strike his care centres are looking after about 90 kids in total and about 14 children remain on the wait-list.

"We are very carefully managing the scarce space available," said Stiasny. "We had to hire additional educators, so for us as an operator it's been quite a time for us to get ready and prepared."

"Parents are kind of in a panic mode," he said. "They are scrambling."

Talks between the government's bargainers and teachers fell apart over the weekend, dashing any hopes parents had that school would start as scheduled on Tuesday.

The impasse has forced many to seek alternate arrangements for childcare that would normally be provided by schools, and the spike in demand for daycare is proving challenging.

Stiasny said the facilities he has will not be large enough to keep accommodating extra kids, and it may be some time before he can make arrangements to expand his operation.

In order to get more building space, Stiasny said he must go through extensive licensing procedures and then have to worry about finding the right staff. **THE CANADIAN PRESS**

Raising a little hell on Labour Day

Ra McGuire rocked out with his Juno Award-winning band Trooper at the Labour Day picnic at Swangard Stadium on Monday. Playing such hits as Raise a Little Hell and We're Here for a Good Time, the band entertained the hundreds of people who came out to celebrate workers' rights. STEFANIA SECCHIA/FOR METRO

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Olympic bronze medallist runs for park board

Nov. 15 municipal election. Brent Hayden says he would focus on community centres including Hillcrest and Kensington

Brent Hayden TORSTAR NEWS SERVICE FILE

Olympic bronze medallist Brent Hayden is entering a different type of race this fall.

The swimmer, best known for a medal-winning 100-metre freestyle at the London 2012 Summer Games, announced Monday he is running for a spot on Vancouver's park board in the Nov. 15 municipal election.

"Growing up in Mission, community was a big part of who I am today because community gave me the opportunity to be involved in sport," Hayden said.

The swimmer, who retired two years ago, was mulling a return to the pool for the 2016 Olympics, but decided instead to join civic party Vancouver First after talking to the party's Jesse Johl, who's also president of the Riley Park Hillcrest Community Association.

"It's not a party made up of politicians," Hayden said. "We're just real people involved in our community."

Olympic wrestler Yogi Johl (Jesse Johl's brother), who competed in the 1996 Summer Games, will also run for park board commissioner as part of the Vancouver First slate.

Hayden would focus on improving community centres including Hillcrest and Kensington.

"Kensington is absolutely depressing, it's like a bunker," he said. EMILY JACKSON/METRO

OSGEMEOS reimagining Granville Island

The grey silos on Granville Island will no longer blend into the city on a rainy fall afternoon. Equipped with thousands of cans of spray paint, the Brazilian graffiti artists and twin brothers known as OSGEMEOS have transformed the silos into six giant people in colourful and intricate clothing. The Vancouver Biennale has raised more than $40,000 toward a $125,000 goal for the project through a crowdfunding campaign. Keep checking Metro to see the mural evolve over the next week. COURTESY OF ROAMING THE PLANET/VANCOUVER BIENNALE

The Kootenays

1 killed, 1 injured in small plane crash

One person is dead and another seriously injured after a small plane crashed in southern B.C.

The Cessna 172 was departing the Crawford Bay Airport in the Kootenays on Saturday night when it crashed near the Kokanee Springs Golf Course.

Paul Hindson, general manager of the nearby Kokanee Chalets, says he was heading out to play tennis when he heard the plane hit the ground.

Hindson says he and a few others ran toward the plane to help and saw the pilot moving and breathing, but found a female passenger dead. THE CANADIAN PRESS

Cape Breton

B.C. woman dies in Nova Scotia crash

Police in Nova Scotia say a woman, 59, from Surrey, B.C. was pronounced dead after a single-vehicle crash in Cape Breton. A vehicle had left the road and flipped over while travelling on Highway 125 in Sydney, police said. THE CANADIAN PRESS

Century-old history

CP has roots with community gardens

The relationship between CP Rail and the people who garden near its tracks wasn't always as fraught as it has been on the Arbutus corridor this summer.

Indeed, the railway used to hand out seeds to station agents and encourage them to plant gardens on its property, Vancouver gardeners pointed out as the city and CP enter their second week of negotiations over the future of the 11-kilometre stretch of property.

CP started the program in 1908 as a bid to promote the fertility of the prairies, according to a history of Canadian gardens from Library and Archives Canada. The program was "enthusiastically adopted" across Canada, with other railways following suit to compete with CP, according to the archives. By 1946, CP sent out about 10,000 seed packets each season.

Relations have been less than harmonious this summer, with CP bulldozing many community gardens along the Arbutus corridor in mid-August. It intends to clear the land for use if it cannot sell the property to the city, which wants to pay only a fraction of the value CP places on the land. EMILY JACKSON/METRO

'Fantastic' 104th year

PNE wraps up with strong overall attendance

Stormy weather dampened attendance levels on the PNE's last weekend despite organizers offering free admission before 1 p.m. on the final two days of the annual fair.

"It won't get us to where we would have been (without the two days of rain) ... we traditionally do about 30 per cent of our overall attendance on the final weekend," PNE spokeswoman Laura Ballance said Monday.

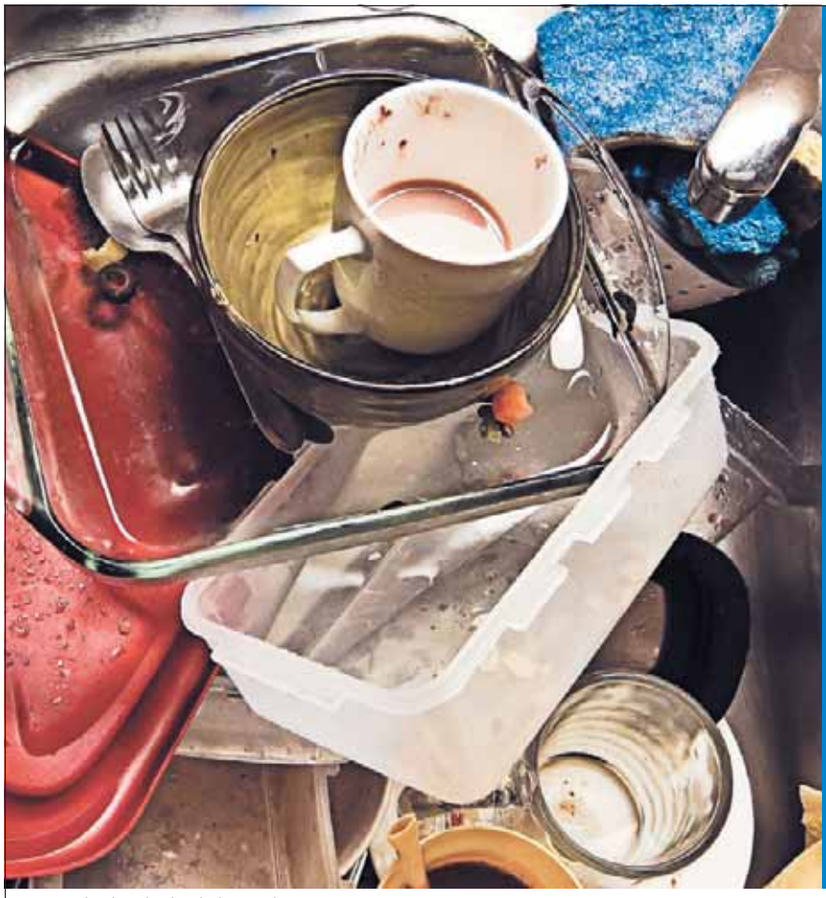
But the 104th annual fair still had a "fantastic" year due to new programming and a revamped food mix, Ballance said.

"It feels really good. As someone who's been around the fair for a lot of years, it was extremely positive," she said.

An early look at guest surveys shows 85 per cent who attended the fair rated their experience as good or excellent, Ballance said.

The Game of Thrones exhibit was extremely popular, along with exhibits targeted at young children. EMILY JACKSON/METRO

Follow Emily Jackson on Twitter @theemilyjackson



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'Urban reef' dismantled as summer ends

Robson Street to reopen to vehicles. Traffic changes also include increased bus service for post-secondary students

EMILY JACKSON
emily.jackson@metronews.ca

Pedestrians who enjoyed a car-free block along Robson Street this summer must head back to the sidewalks to make room for cars and buses.

The 800 block of Robson Street officially reopens to vehicle traffic on Tuesday, with the curved, wooden benches that made up the "Urban Reef" in front of the Vancouver Art Gallery being removed as the season comes to an end.

This year's seating installation, created by a team of local architects who won a design competition with more than 70 entrants, was constantly bustling with people eating lunch or taking breaks.

It was built as part of Viva Vancouver, which aims to improve public spaces throughout the city. Weekend events that closed parts of Granville Street have also wrapped up for the year.

Although passersby seemed to enjoy it while it lasted, regular riders of the No. 5 bus will be pleased their typical route will be restored.

This isn't the only traffic change that marks the end of vacation and return to work and post-secondary school.

Many buses to and from Simon Fraser University and the University of British Columbia will increase in frequency in the morning and throughout the day to accommodate the influx of students. (For a full list, visit translink.ca/servicechanges.)

Construction near the UBC bus loop means stops for the 44, 84, 258 and 480 routes will relocate to Westbrook Mall.

For more local news, visit metronews.ca

Marked-up pavement and litter is all that's left of the Urban Reef in front of the Vancouver Art Gallery. The pedestrian plaza reopens to vehicles Tuesday.
EMILY JACKSON/METRO

8 killed as building explodes near Paris

Rosny-sous-Bois. Gas leak suspected in blast that sheared part of four-storey structure

The death toll in the partial collapse of a four-storey apartment building in a Paris suburb has risen to eight after emergency crews pulled the bodies of a man and a woman from the rubble.

The bodies were found Monday in Rosny-sous-Bois, a town northeast of the capital.

Officials said there was no longer any danger in the neighbourhood after an explosion sheared part of the building Sunday.

French Interior Minister Bernard Cazeneuve said a gas leak is believed to be the cause of the explosion.

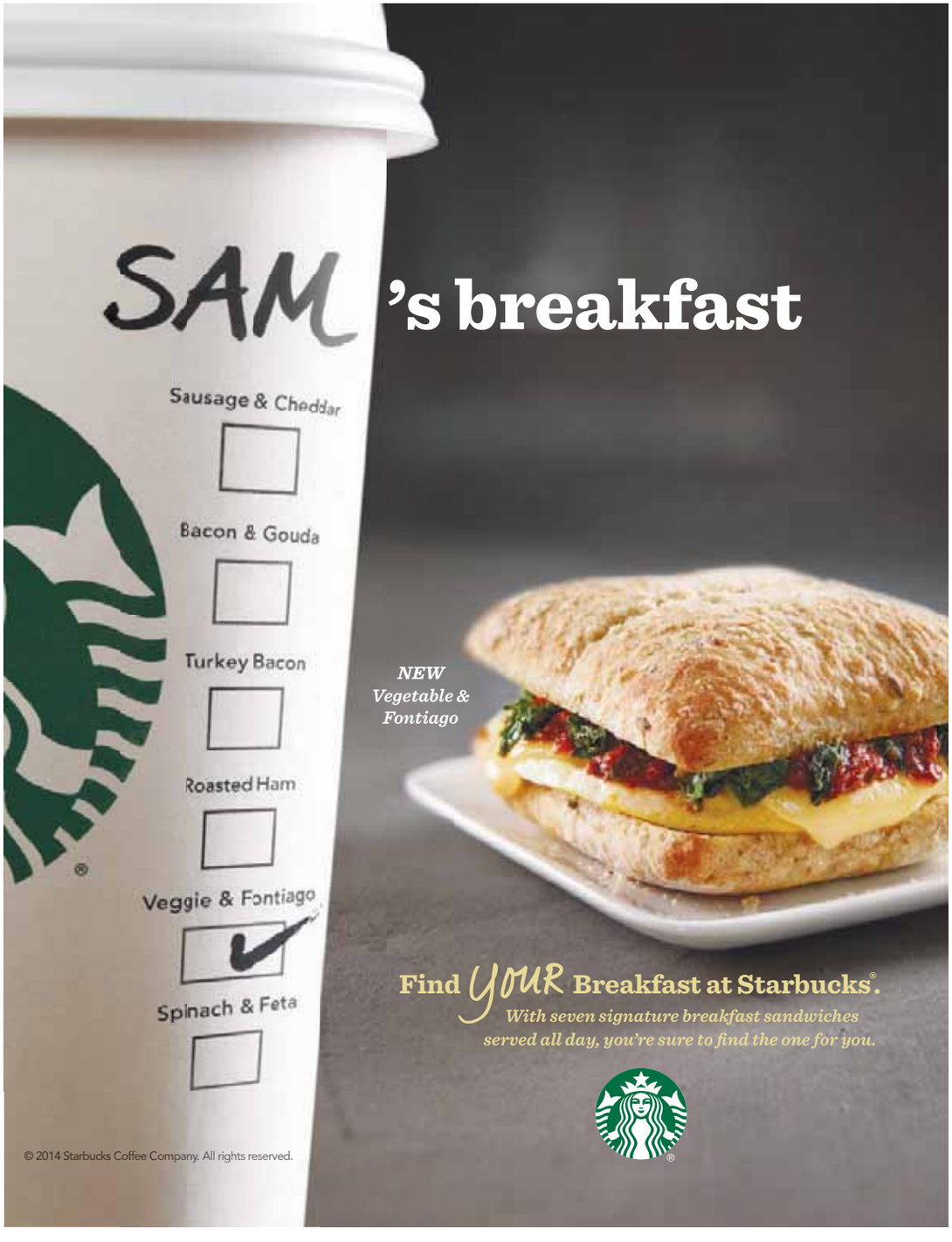
THE ASSOCIATED PRESS

Support

22

The 22 people who lived in the two-thirds of the building that survived the blast have been given alternative lodging, since the structure is perilous.

A fireman and his dog search in the rubble of a four-storey building in a northeastern Paris suburb that collapsed after an explosion. CHRISTOPHE ENA/THE ASSOCIATED PRESS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Nicaragua. At least 4 trapped in gold mine

Rescuers hoped for a miracle Monday as they cautiously dug through mud, rocks and clay in search of at least four men missing since late last week when a landslide trapped them in a gold mine in Nicaragua.

Guided by a miner who escaped from the wildcat mine, workers found tools believed to belong to the men but had yet to find any sign of life four days after the accident.

At least 26 miners were trapped Thursday when earth around the mine gave way near Bonanza, about 420 kilometres northeast of Managua. Twenty-two men who were rescued from the site were examined at a hospital and released. Between four and eight men were believed still missing: The exact number was unclear because the miners were freelancers, not formal employees. The freelancers are allowed to work in the area if they sell any gold they find to the firm.

Families of the missing men were camped near the rescue site, waiting for word of the men's fates.

"We will be here until we know what has happened to them, living or dead," Rodrigo Flores, whose nephew is among the missing, said.

Small teams lead by miners were digging slowly into the shaft about 200 metres underground.

The company had warned miners about the danger of working in the El Comal area, especially after two miners died in a rain-caused landslide there last month.

THE ASSOCIATED PRESS

The mine's owners

The El Comal gold and silver mine is operated under a concession held by Hemco, which is owned by Colombia-based Minero SA.

- According to Hemco's website, the company has mined in the north Atlantic municipality since 1995 and employs 532 workers, who process 700 tons of material a day.
- The company says it produces more than 1,150 kilograms of gold a year and is Nicaragua's 12th-largest exporter.

Nigeria

Military defends town against Boko Haram attack

Nigerian military officials say they killed about 70 Boko Haram fighters when the Islamic extremists attacked the northeastern town of Bama Monday morning.

The officials, who insisted on anonymity, said militants arrived Monday morning in armoured tanks and trucks and tried to take over the town.

Muhammed Gava, a spokesman for the anti-Boko Haram vigilante movement, said most of Bama's residents fled to Maiduguri.

Sani Usman, an army spokesman, said Monday the curfew in Maiduguri has been extended from 7 p.m. to 6 a.m.

Amnesty International said last month that more than 4,000 people — mostly civilians — have been killed this year in the Nigerian conflict, including in Boko Haram attacks and in responses by the security forces. THE ASSOCIATED PRESS

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Finance Canada. Negative study on middle class given a detailed rebuttal

Finance Canada has issued a rebuttal of a politically embarrassing report on middle-class economic woes that was compiled last fall by experts in another federal department.

The duelling analyses highlight an economic issue almost certain to dominate the federal election campaign next year, as political parties cite the same data to make opposite points.

Last October, bureaucrats at Employment and Social Development Canada wrote a scathing internal report on the plight of the middle class, calling the Canadian dream "a myth more than a reality."

In April this year, Finance Canada economists put together a more detailed rebuttal for the new minister, Joe Oliver, using the same data but interpreting them in a more positive way. The analysis faults Employment and Social Development Canada for weak methodology, and for delivering a different message from that of the Feb. 11 federal budget.

THE CANADIAN PRESS

Montreal

Bar accused of ejecting two male students for kissing

A popular Montreal bar is being accused of homophobia after a bouncer allegedly kicked out two male students for kissing.

A student association at the Université de Montréal is demanding an apology from the Saint-Sulpice bar, a busy spot in the city's Latin Quarter.

Vincent Fournier Gosselin, an executive with the student group, says a bouncer at the bar forced the two students to leave a medical school orientation event last Friday night.

THE CANADIAN PRESS

Mulcair: Labour gains 'under attack' in Canada

Toronto. NDP leader takes aim at Stephen Harper, Justin Trudeau at Labour Day Parade

Federal NDP Leader Tom Mulcair greets participants at the annual Labour Day parade in Toronto on Monday.

ADAM MILLER/THE CANADIAN PRESS

Thousands marched Monday in Toronto's annual Labour Day Parade to show their support for local unions, with more than 30 labour organizations taking part in the festivities.

Joining them was federal Opposition Leader Tom Mulcair, who took shots at Prime Minister Stephen Harper and Liberal Leader Justin Trudeau.

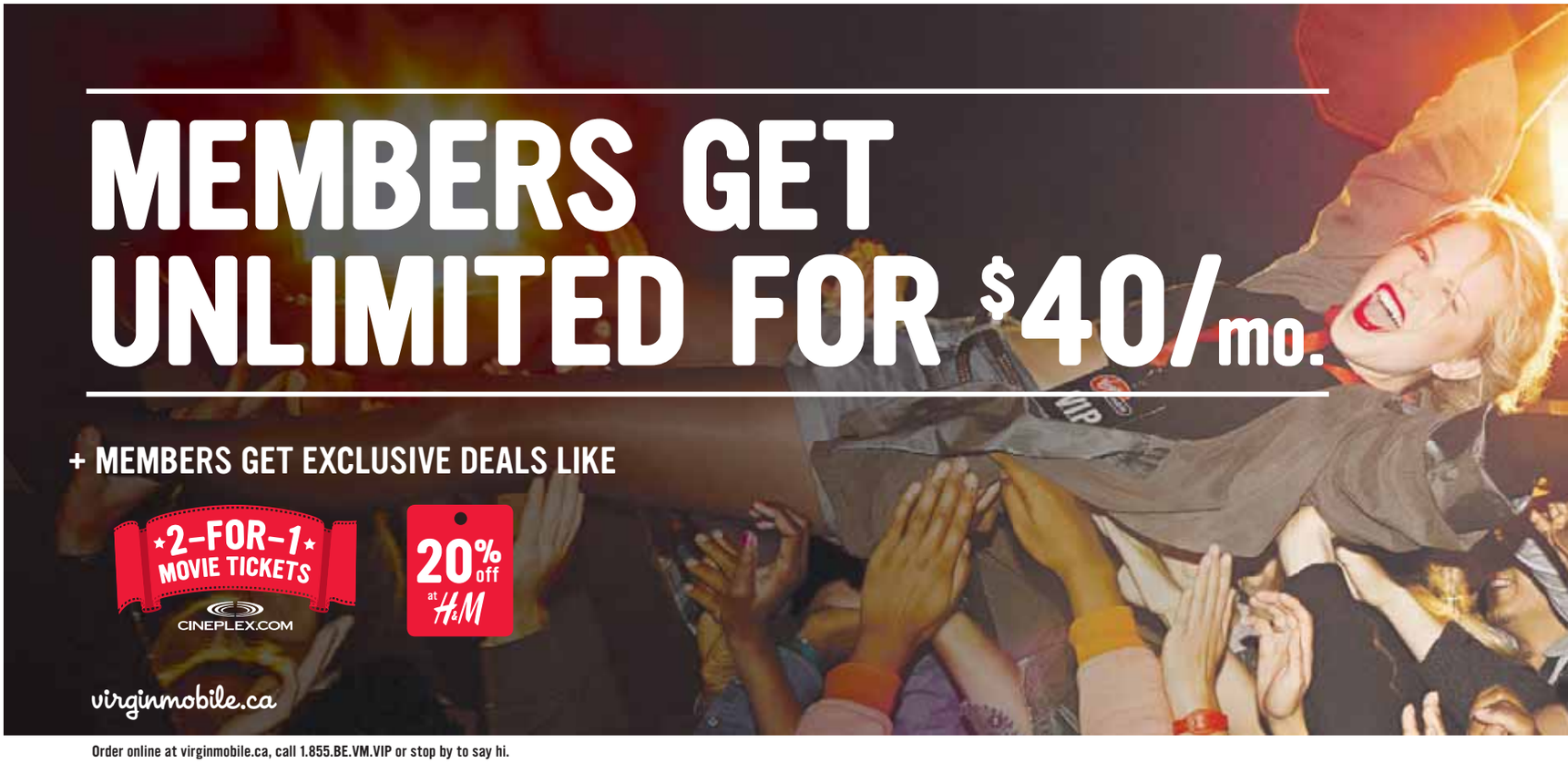
He said many of the gains brought in by the labour movement — such as workplace health-and-safety measures and wage equality — are currently "under attack" in Canada.

Both Harper and Trudeau voted against anti-scab legislation brought forward by New Democrats, he said.

"In Toronto now, more than one half of families do not have a single full-time steady job that they can rely on," Mulcair said. "Under the Conservatives and the Liberals we've lost a whole generation of well-paid manufacturing jobs. We've got to get back to a situation where people can have a full-time job with a pension, enough for their family to live on."

Paul Lefebvre, former president of IAMAW Local 2323, said the union came out to send Ottawa a message.

"We think our country needs to have a correction in the direction it's going politically, and I think a lot of people feel that way and the march is getting bigger for that reason," he said. THE CANADIAN PRESS



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National Defence. Feds to slash $2.7B from budget

Stephen Harper has been one of the toughest-talking leaders throughout the Ukraine crisis, yet newly released figures show National Defence is expected to face an even deeper budget hole in the coming year than previously anticipated.

The ongoing reductions come as the prime minister is expected to resist pressure from allies at this week's NATO summit to spend substantially more on the military.

Annual spending on the military, when compared to 2011, is slated to shrink by a total of $2.7 billion in 2015, according to a briefing note prepared for the deputy defence minister.

That would be almost $300 million more than earlier internal estimates, and roughly $600 million higher than the figure defence officials acknowledged last fall when they rolled out the department's renewal plan.

THE CANADIAN PRESS

Missile-defence program

U.S. military wants Canada to put sensors in Arctic

American military officials have shed some light on what Canada could contribute to the missile-defence program should it choose to join after a decade spent on the sidelines.

Several conversations with high-ranking U.S. military officers point to a common desire: Multi-purpose sensors in Canada's Arctic that would sniff out a wider range of potential threats than just intercontinental ballistic missiles. Those state-of-the-art systems would be designed to track maritime vessels, airplanes and small cruise missiles — all in addition to any large missile fired off by North Korea or some hypothetical rogue state.

THE CANADIAN PRESS

Rebels in Ukraine backing off from full independence

Andrei Purgin, a pro-Russian rebel leader from eastern Ukraine, arrives for peace talks in Minsk, Belarus, on Monday. THE ASSOCIATED PRESS

Negotiations. Talks adjourned until Friday, when parties will discuss ceasefire and prisoner exchange

Pro-Russian rebels softened their demand for full independence Monday, saying they would respect Ukraine's sovereignty in exchange for autonomy — a shift that reflects Moscow's desire to strike a deal at a new round of peace talks.

The insurgents' platform, released at the start of Monday's negotiations in Minsk, the Belarusian capital, represented a significant change in their vision for the future of Ukraine's eastern, mainly Russian-speaking region.

It remains unclear, however, whether the talks can reach a compromise amid the brutal fighting that has continued in eastern Ukraine. On Monday, the rebels pushed Ukrainian government forces from an airport near Luhansk, the second-largest rebel-held city.

The peace talks in Minsk follow last week's meeting between Russian President Vladimir Putin and his Ukrainian counterpart Petro Poroshenko. The negotiations involve former Ukrainian President Leonid Kuchma; Russia's ambassador to Ukraine; an envoy from the Organization for Security and Co-operation in Europe; and representatives of the rebels.

Rebels declared in a statement carried by Russia's state-run RIA Novosti news agency that they are willing to discuss "the preservation of the united economic, cultural and political space of Ukraine."

In return, they demanded a comprehensive amnesty and broad local powers that would include being able to appoint their own local law-enforcement officials.

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ISIS

Purported body of Lebanese soldier returned

Lebanon's military received the remains of a soldier Monday who was held by Islamic State of Iraq and Syria militants, the state-run news agency said. The soldier, Sgt. Ali Sayid, was believed decapitated.

Sayid's remains were delivered to a military checkpoint in the border town of Arsal, the National News Agency reported.

The body was returned days after supporters of the extremist group ISIS distributed a video purported to show a man, whom they identified as Sayid, being decapitated. Sayid's uncle told Lebanese television Friday that the images on social networks resembled his nephew.

The Lebanese military would not confirm the body's identity, only saying it was received and DNA tests would be performed. Sayid disappeared in August following a militant attack in Arsal. THE ASSOCIATED PRESS

Pakistan

Anti-government protests centre of marathon meet

Ahead of a joint session of parliament, Pakistan's prime minister and army chief held marathon meetings Monday over violent anti-government protests that could force the premier of this nuclear-armed country to resign.

Prime Minister Nawaz Sharif again vowed he would not step down under duress, even as protesters briefly took over the country's state-run television broadcaster and battled security forces in the streets. But the pressure from three days of violent protests on Sharif has intensified amid reports — later denied by the military — that the country's powerful army chief advised him to resign.

The parliamentary session Tuesday appears to be an attempt to rally political support to the prime minister's side, however critics have questioned Sharif's handling of the crisis.
THE ASSOCIATED PRESS

British PM proposes passport seizure law

Anti-terror. Proposed laws intended to empower police and make it harder for suspected extremists to leave or re-enter the country

British Prime Minister David Cameron THE ASSOCIATED PRESS

British Prime Minister David Cameron has proposed new laws that would empower police to seize the passports of Britons suspected of travelling abroad to fight with terrorist groups.

Speaking to Parliament, Cameron said his government is also working to block suspected British jihadi fighters from re-entering the U.K. The power to monitor such suspects already living in Britain would also be strengthened.

The plan to expand Britain's anti-terror laws, likely to be approved by Parliament, aims to prevent attacks by Islamist militants returning from terror training in the Middle East.

Similarly to its Western allies, Britain is worried its citizens will travel and join terror groups in the Middle East, then return and threaten their home country.

British intelligence said it suspects 500 Britons have gone to train in Syria or Iraq.

Cameron said he considers extremism by the Islamic State of Iraq and Syria (ISIS) group one of the biggest modern threats to security.

While Britain's home security already has the authority to withhold passports, Cameron says more is needed to ensure police can act accordingly if they spot a suspect at a border crossing.

"We will introduce specific and targeted legislation to fill this gap by providing the police with a temporary power to seize a passport at the border, during which time they will be able to investigate the individual concerned," he said.
THE ASSOCIATED PRESS

Western Anti-Terror

The United Kingdom isn't the only country concerned about the security of its domestic borders.

- **Western Allies.** Outside the U.K., the United States, France and Germany all have additionally voiced worry about the potential for its citizens to travel abroad, train with a terror group and then travel home; the fear being they will enact domestic terror.
- **British intelligence.** The government has said it believes at least 500 of its citizens have gone to train in Syria, or less commonly Iraq.

Israel, Gaza students heading back to school

An Israeli student pulls his bag behind him as he heads off to school Monday, joining thousands of other children who returned to school in southern Israel after seeking refuge inside bomb shelters from Hamas rocket fire for much of the summer. Ziad Thabet, a Gaza Education Ministry official, said classes will resume in Gaza on Sept. 14 once the Strip's schools are repaired. It's estimated at least 223 Gaza or UN-run schools were hit during the 50-day-long war, 25 of which are too damaged to use. Israel has accused Hamas of using civilian buildings for military purposes. TSAFRIR ABAYOV/THE ASSOCIATED PRESS

PM pledges to turn Iraq into 'big grave' for Sunnis

Iraq's outgoing prime minister pledged Monday to turn his country into "a big grave" for Sunni militants from the Islamic State of Iraq and Syria (ISIS) group and commended security forces who achieved a rare victory over insurgents by ending the siege of a Shiite town.

Nouri al-Maliki made the comments during an unannounced visit to the northern community of Amirli, where he was greeted with hugs. A day earlier, Iraqi forces backed by Iran-allied Shiite militias and U.S. airstrikes broke a two-month siege of the town where some 15,000 Shiite Turkmens had been stranded.

In footage aired on state TV, al-Maliki was shown sitting at a wooden desk in front of a large poster of Shiite leader Grand Ayatollah Ali al-Sistsani, ordering promotions and awards for those who fought in the battle.

"I salute you for your steadfastness and patience against those beasts and killers," he told a gathering of fighters in a large hall as they chanted Shiite religious slogans.

He vowed to root out Sunni militants from areas they control in the country.

"All Iraq will be a grave for those infidels, and we will send all the IS (Islamic State) gang to death," he added.

Mere hours before his visit, humanitarian aid began flowing in with four trucks full of food and medicine arriving from the Iraqi governmen and the Iraqi Red Crescent.

"The situation is getting back to normal, but gradually," Ali al-Bayati, head of aid organization the Turkmen Saving Foundation, told The Associated Press. "Some people have come out from their houses and walked in the street. Shops are still closed, but people are happy to see their city secured."

Since early 2014 Iraq has faced a Sunni insurgency led by an al-Qaeda breakaway group calling themselves ISIS.

With the help of their own allied militants, the breakaway group had taken over the territory in what has been called the worst crisis since the United States' 2011 withdrawal.

Despite aid from its American and regional allies, the UN said at least 1,420 Iraqis were killed in August alone, a decrease from July's 1,737 death toll. THE ASSOCIATED PRESS

Quoted

"I salute you for your steadfastness and patience against those beasts and killers."

Nouri al-Maliki, Iraq's outgoing prime minister, in an address to a gathering of fighters in the northern community of Amirli, where a day earlier Iraqi forces backed by Iran-allied Shiite militias and U.S. airstrikes broke a two-month siege of the town.

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How would you like to be paid with Bitcoin?

Trend. While Canada does not recognize Bitcoin as currency, a small number of workers are opting for a cryptocurrency payment option

A small but growing — and surprising — number of workers are rejecting Canadian dollar salaries for Bitcoin, according to a Waterloo, Ont., payroll firm.

Wagepoint CEO Shrad Rao said his firm came up with the cryptocurrency payment option in November last year as a side project and did not expect any take-up.

But as the online currency gained popularity this year, he said, employees from 10 firms have signed up for the Bitcoin option, and many more are asking about it.

"When we started off, we didn't even think we'd get one," he said over the phone from New York, where Wagepoint has another office.

"What's interesting is that we've actually had customers come to us because of the (Bitcoin) integration, which we were not expecting at all."

Rao said the firms are overwhelmingly technology companies, whose workers have a higher interest in new innovations and tend to dabble more.

In addition to Canadian interest, he said, he gets about five inquiries for Bitcoin payment per month from the United States, where Wagepoint also operates, although it has not yet launched such an option in that country.

Bitcoin, a decentralized currency, was launched in 2009 by a yet-unknown person or group. It gained mainstream attention in 2013, and subsequent adoption caused one bitcoin to rise to a high of $1,000.

But most brick-and-mortar shops still do not recognize Bitcoin as currency, and neither does the Canadian government, which in June ruled Bitcoin is property.

THE CANADIAN PRESS

Got that TV to Cuba in the nick of time

The driver of a private taxi closes the door of his car, with the back seat loaded with his client's TV brought from the U.S., as he leaves the José Martí International Airport in Havana on Monday. Cubans braced Monday for a clampdown on the flow of car tires, flat-screen televisions, blue jeans and shampoo in the bags of travellers who haul eye-popping amounts of foreign-bought merchandise to an island where consumer goods are frequently shoddy, scarce and expensive. RAMON ESPINOSA/THE ASSOCIATED PRESS

Know when to hold 'em ...

Atlantic City casinos fold 'em

The most spectacular and costly failure in Atlantic City's 36-year history of casino gambling began to play out Monday when the $2.4-billion US Revel Casino Hotel emptied its hotel.

Its casino was set to close early Tuesday morning.

Revel is shutting down a little over two years after opening with high hopes of revitalizing Atlantic City's struggling gambling market.

Revel will be the second of three Atlantic City casinos to close in a two-week span.

The Showboat Casino Hotel closed its doors Sunday, and Trump Plaza is closing Sept. 16.

THE ASSOCIATED PRESS

Experiment in legal pot

Washington judge upholds a small city's pot shop ban

A state judge said that a small city can continue to ban state-licensed marijuana businesses, in a case with big implications for Washington's experiment in legal pot.

The judge issued the ruling Friday after arguments over whether Initiative 502, the voter-approved state law that legalizes adults' recreational use of marijuana, left any room for such local bans.

Washington's experiment is built around the notion that it can bring marijuana into a regulated system that protects public health and safety better than prohibition did.

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Transgender community struggles to find work

Melissa Hudson says 30 years of experience in the Toronto business world hasn't been enough to land her a job, despite numerous callbacks on her resumé for first-round interviews.

Hudson's difficulties in finding work started after she transitioned from male to female and she blames discrimination for leaving her bankrupt, fighting to keep a roof over her head.

"After transitioning, I can't get anyone to give me a second interview," she said. "I've even had interviewers make excuses of why they can't conduct the interview once I show up."

Hudson's last job in the corporate world was at a logistics firm in Mississauga, Ont., where she was a self-proclaimed "suit-and-tie" business professional. But she decided to live openly as a transgender woman two years ago.

Her challenges were exacerbated by a cycling accident that left her in the hospital for months and a hospital-acquired infection after gender-related surgery, she said.

Hudson left her job after the accident because of a "toxic work environment" but hasn't been able to find other employment.

"It would have been possible to get through it and get back to work if my gender hadn't been an issue with employers," she said.

Because of the relatively small size of the transgender community and difficulty in reaching members, advocates say transgender employment data is hard to find.

But a 2011 report from Trans PULSE — a community-based research project in Ontario — found that only 37 per cent of transgender participants were employed full-time, while 15 per cent were employed part-time. Twenty-five per cent were students, three per cent were retired and 20 per cent were unemployed.

The results were based on surveys of 433 trans people who lived, worked or received health care in Ontario.

Eighteen per cent said they had been turned down for a job because of their gender while 32 per cent said they were unsure if their gender influenced the hiring manager's decision. THE CANADIAN PRESS

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EVEN PLAYBOY THINKS CATCALLING IS SEXIST

SHE SAYS

Jessica Napier
metronews.ca

"Give me a smile, sweetheart." "Nice dress." "Damn, girl." "Mmmmmm."

I could fill a 500-page textbook with the comments I've heard over the years, hurled at me from car windows and whispered in my ear in a crowded bar. Occasionally these outbursts of appreciation come in the form of a well-crafted one-liner; the rest of the time, I'm treated to an impulsive holler, a leering glance or just a series of hissing noises.

Most of the women I know have been on the receiving end of some form of unwanted sexual street harassment. I still find it bewildering that so many seemingly intelligent men — men with mothers, sisters and, potentially, wives and girlfriends of their own — feel compelled to fling vulgar comments at complete strangers.

A few weeks ago, the New York Post published an article titled "Hey, ladies — catcalls are flattering! Deal with it." In this fine piece of click-bait journalism, author Doree Lewak celebrates the lewd remarks she receives from her neighbourhood construction workers. Lewak's hard-hat-wearing Prince Charmings offer her a daily dose of ego-boosting validation in the form of wolf whistles and crude remarks that give her an "unmatched level of euphoria." That's right: euphoria.

And that's OK, I guess. I mean, if Lewak wants to measure her own self-worth in grunts, she's absolutely entitled to those feelings. There's nothing inherently wrong with enjoying attention from the opposite (or same) sex, but arguing that catcalls are universally flattering and all women should just "deal with it" is absolutely ridiculous.

Telling a woman who has been a victim of unwanted street harassment that she "should take it as a compliment" is like telling a guy who's just been beaten up at a bar that he should "man up." This "deal with it" attitude reinforces the notion that women are objects to be looked at, evaluated and commented upon by men. And, worst of all, that we should enjoy the process or be labelled uptight.

Even Playboy — which is not exactly a media organization renowned for championing a feminist agenda — has weighed in on the street-harassment debate. The adult magazine recently posted an infographic on its website that posed the question, "When is it appropriate to catcall a woman?" It concludes that men should resort to it only when addressing a known and consenting partner or an actual feline.

I rarely find myself siding with Playboy on anything, but I have to agree with them on this one. There are plenty of ways to approach someone in a respectful and reasonable manner; licking your lips and shouting "Nice ass!" isn't one of them.

And according to an incredibly unscientific poll of my close female friends, catcalling has a success rate of absolutely zero.

Because, for most women at least, unsolicited explicit remarks from strange men don't make us feel beautiful or euphoric; they make us feel violated, angry and potentially very afraid.

День Знаний (Day of Knowledge)

Children take part in a ceremony marking the start of classes at School No. 57 in Moscow on Monday as part of the traditional opening of the school year, known as Day of Knowledge. The day was started in 1984 in the U.S.S.R. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Russian kids mark back-to-school with flowers, fancy dress

Students in Russia and other former Soviet-bloc countries participated in Sept. 1 celebrations, also known as Day of Knowledge, to commemorate the first day of school.

Students arrive dressed up and carrying flowers. Senior students escort younger students to class, holding their hands along the way. In a ritual called the First Bell, a girl from the first grade is chosen for the honour of being hoisted onto the shoulders of an 11th-grader to ring the school bell.

METRO

Education and politics

- **Tragedy.** This Sept. 1 marks the 10th anniversary of the Beslan school massacre, in which 385 people were killed after the school was stormed by armed terrorists.
- **Crimea.** The Moscow Times reports that students in Crimea will now study under the Russian education system for the first time. Russia took control of the region in March.

Worth mentioning.
Neanderthals not as dumb as previously thought: Study

A series of lines scratched into rock in a cave near the southwestern tip of Europe could be proof that Neanderthals were more intelligent and creative than previously thought.

The cross-hatched engravings inside Gorham's Cave in Gibraltar are the first known examples of Neanderthal rock art, according to a team of scientists who studied the site. The find is significant because it indicates that modern humans and their extinct cousins shared the capacity for abstract expression.

The study, released Monday by the journal Proceedings of the National Academy of Sciences, examined grooves in a rock that had been covered with sediment. Archaeologists had previously found artifacts associated with Neanderthal culture in the overlying layer, suggesting that the engravings must be older, said Clive Finlayson, one of the study's authors.

"It is the last nail in the coffin for the hypothesis that Neanderthals were cognitively inferior to modern humans," said Paul Tacon, an expert in rock art at Australia's Griffith University. Tacon, who was not involved in the study, said the research shows the engravings were made with great effort for ritual purposes, to communicate with others, or both.

Theory might be dead

"It is the last nail in the coffin for the hypothesis that Neanderthals were cognitively inferior to modern humans."
Paul Tacon, expert in rock art

"We will never know the meaning the design held for the maker or the Neanderthals who inhabited the cave, but the fact that they were marking their territory in this way before modern humans arrived in the region has huge implications for debates about what it is to be human and the origin of art."

Not everyone is convinced: another recently published study examining the dating of various archaeological sites across Europe raises the possibility that the artifacts may not have been made by Neanderthals but by modern humans.

THE ASSOCIATED PRESS

Comments

Re: Proposed laws could dampen sales of e-cigarettes in Canada, published online Aug. 30

This entire controversy, including Nova Scotia's absurd knee-jerk decision to supposedly ban them, is nothing more than the public health nannies being afraid that the use of these things will "re-normalize" what looks like smoking, even though there is no actual smoke, just vapour. The nannies are ignoring the very real benefits these things have for people trying to quit who are killing themselves with real cigarettes. They ought to be ashamed of themselves.
Keith P., posted to metronews.ca

metro

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Ebooks

Joni Mitchell: In Her Own Words

By. Malka Marom

Kindle/iBooks/Kobo

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A good conversation should have all the time it needs. This collection of audio and printed interviews between singers Marom and Mitchell has that comfort, allowing for Joni's engaging candour to come through about her Saskatchewan childhood, working relationships and personal contradictions.

The Simpsons

Did NHL get crusty over Cup slight?

There are hockey fans in The Simpsons' writers' room but apparently the NHL felt a joke that soiled the Stanley Cup went too far.

In the episode The Last Temptation of Krust, Krusty the Clown drinks out of the Stanley Cup, and then promptly vomits into it.

Producer Mike Scully says the show received a nasty letter from the NHL after the episode aired, but chose to ignore it. Scully has been tweeting behind-the-scenes memories while a Simpsons marathon airs in the U.S. THE CANADIAN PRESS

Avoid the catfish when looking for love online

Soulmate or scam?
Nev Schulman's book offers advice on how to detect the liars and fraud artists lurking on dating websites

EMILY LAURENCE
Metro in New York City

Catfish host Nev Schulman wants you to know it's not them, it's you.

In his new book, In Real Life: Love, Lies & Identity in the Digital Age, Schulman explains that the key to establishing a long-lasting bond is to take a look inward.

Tricks such as a Google image search and knowing that a Facebook account with only 12 friends is a red flag help, but Schulman says there's way more to it than that.

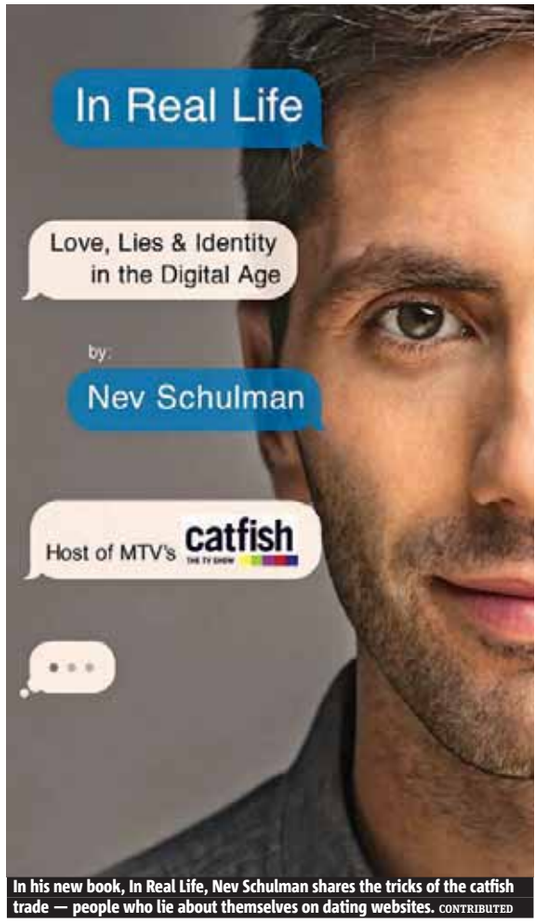
Hence the new book. We talked to Schulman and share his best words of wisdom here.

Whether you are searching for love online or in person, they are tips you can take to heart.

Be aware of your soft spots

"It's not what to look out for in other people. It's what to look out for in yourself," he says.

"Getting catfished isn't about someone being a really good liar or Internet user. It's about being vulnerable, and perhaps unsatisfied or insecure, and somebody taking advantage of that."



In his new book, In Real Life, Nev Schulman shares the tricks of the catfish trade — people who lie about themselves on dating websites. CONTRIBUTED

Don't fake it

"We all have doubts, fears and insecurities in our happiness. When you hide that from other people, you're also kind of hiding it from yourself," Schulman suggests.

"If everybody goes around pretending to be the happy, fulfilled version of themselves and ignores the truth about things they're feeling, then we're all participating in the same game of not really connecting in a meaningful way or being open and honest with each other."

Quoted

"It's not what to look out for in other people. It's what to look out for in yourself."

Nev Schulman, author and host of the MTV series Catfish, on how to avoid online dating scam artists

If you're looking for love online, meet as soon as possible

"If you're looking for a relationship, using the Internet is great, but it should just be a means," he warns.

"The trouble is when you go online as a distraction, or without any clear intention or specific goal. That's when you get into trouble."

Real relationships take work

"I think we all sort of subscribe to this fairy-tale version of how love conquers all and how once you find your soulmate, everything falls into place," Schulman points out.

"That's just crazy. It doesn't work like that.

"I think we've become disillusioned that we will find the perfect person now that we have online dating, and that it won't take any work and compromise, but it does, no matter what."

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An upbeat explosion of pure pleasure

New Pornographers. Is Brill Bruisers the Canadian supergroup's best record yet? Carl Newman thinks so

A.C. Newman, left, and Kathryn Calder of the New Pornographers promote the band's new album. THE CANADIAN PRESS

Everything about the New Pornographers' new album seems designed to seize your attention, from the playful DayGlo cover to the sparkly, maximalist power-pop cupcakes contained therein.

Brill Bruisers is the Canadian supergroup's sixth album, another winner in a remarkably rock-steady run.

But in an industry built on riding the shiny and new, consistency can be confused for monotony — and after 14 years of precision pop craftsmanship, it's natural that mastermind Carl Newman would want to stand out.

"Our narrative — maybe it's just an old narrative and people are sick of it — but when you look at our band, we're not your average band," Newman mused during a recent chat. "It's like, Kathryn (Calder)'s my niece. Look at everybody involved with it — the fact that Neko (Case) is in the band, or like, Destroyer's in the band ... Are we that boring of a band? It seems like we have a lot more going on than most bands do."

It would be fair to conclude that Brill Bruisers was infused with a new level of conscientious ambition.

It's a foghorn blast to the ear for anyone who might have become fatigued with the band and its steady goodness over its long run.

Although the group's past two records — 2007's Challengers and 2010's Together — allowed a hike to their highest-yet peaks on the U.S. charts (the latter opened at No. 18), they were also relatively docile efforts, viewed to some extent as "mature."

Quoted

"It's important to me that the music I'm making now is as good if not better than anything I've done before."

Carl Newman, New Pornographers, on the band's new album Brill Bruisers

That trend continued with Newman's mellow 2012 solo record, Shut Down the Streets. Reviews for the three albums weren't negative, but they were restrained.

That last album was borne from a time in Newman's life marked by the death of his mother and birth of his son (Calder's mother also died from ALS during this period).

So the pleasure explosion that is Brill Bruisers didn't happen by accident. Newman says he emerged from that time looking to make an "upbeat" record and was resolute in sticking to that goal.

"I think I said a while back that I didn't want any ballads on the record, and I think it was for that reason," said Newman. "Not that every song had to be really upbeat and rocking, but I wanted the record to have a certain sound ... I just wanted it to have a very specific feel."

Asked if the arrival of his baby son has affected the way he works, he doesn't hesitate.

"I think it's made me try harder," he said. "You're working for something. And it makes me not want to rest on my laurels. Not that I did before, but I want him to grow up thinking, 'My dad is a musician.' I don't want him to grow up thinking, 'My dad used to be a musician.'

"So I think it's important to me that the music I'm making now is as good if not better than anything I've done before."

Newman is confident Brill Bruisers meets that standard.

"It almost worries me — like, why do I think this record is so good?" he said. "Because I feel like it's our best record. And I feel like I never thought that before." THE CANADIAN PRESS

METRO CUSTOM PUBLISHING

Hidden hot spots provide inspiration

American Express research reveals undiscovered gems

#InspiredBy. CONTRIBUTED

From coast to coast, Canadians agree that unexpected and surprising places give more inspiration than traditional tourist traps.

This comes from global research conducted by American Express, which found that 98 per cent of Canadians agree that exploring our own cities or hometowns is a great place to start finding inspiration. More than one-quarter (27 per cent) of Canadians state they have their own personal inspirational havens, whether it's for fitness, dining, shopping, reading or relaxing.

There are so many places yet to be discovered and enjoyed, with more than half the population admitting to only being familiar with a portion of their cities. To help motivate Canadians to seek out their city's hidden potential, American Express Canada worked with bloggers and residents of Vancouver, Calgary and Toronto to crowdsource each city's undiscovered gems and populate them into interactive maps.

"At American Express, we want to help Canadians untap the potential of the places they live to enrich their lives," says David Barnes, vice-president, advertising and communications, American Express Canada. "We recognize that this isn't achieved just through transactional experiences — there are wide ranges of ways in which this can be done."

Where's your favourite inspirational place? See if yours is listed on the American Express Canada Facebook Page or check out the Sept. 8 issue of Metro.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Celeb nude pic leak: What happens in the iCloud doesn't always stay in the iCloud

NED EHRBAR
Metro in Hollywood

It's been a while since there was a celebrity nude photo leak, so some industrious and not-at-all-creepy hackers got together to unleash one doozy of a Labour Day weekend photo dump, posting images allegedly of more than 100 stars including Kate Upton, Kirsten Dunst, Ariana Grande and America's kid sister, Jennifer Lawrence. The images, reportedly culled from iCloud accounts, were initially posted to that bastion of online decency, 4Chan, before going wide on Twitter. Lawrence, for her part, isn't taking this lying down. "The authorities have been contacted and will prosecute anyone who posts the stolen photos of Jennifer Lawrence," her publicist said in a statement.

Some of the hacking victims, like Grande, singer Victoria Justice and Olympic gymnast McKayla Maroney, were quick to dismiss the risqué images as fakes, but others confirmed their legitimacy. "To those of you looking at photos I took with my husband years ago in the privacy of our home, hope you feel great about yourselves," Mary Elizabeth Winstead tweeted. "Knowing those photos were deleted long ago, I can only imagine the creepy effort that went into this. Feeling for everyone who got hacked."

If nothing else, it's a poignant lesson in how hard it is to really, truly delete something online, especially from a cloud-connected phone. The Internet, after all, is forever. My own tactic for keeping safe is simple: Just don't be someone people would be interested in seeing naked. But I guess that's not very good advice for these ladies.

Taylor Swift lends her talents to The Voice

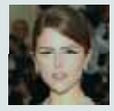
Taylor Swift

Taylor Swift has signed on to mentor contestants for the upcoming seventh season of The Voice, debuting later this month, according to Us Weekly. Swift will offer her expert advice to singers on each of the four judge's teams, similar to the role Chris Martin played last season. Other previously announced guest mentors for the new season include Stevie Wonder, Alicia Keys and Gavin Rossdale, who just happens to be married to judge Gwen Stefani.

Twitter

@JuddApatow
I have played tennis and it's not necessary to scream like you are having sex and being murdered while murdering someone to hit it properly

@lenadunham
The "don't take naked pics if you don't want them online" argument is the "she was wearing a short skirt" of the web. Ugh.


@AnnaKendrick47
Don't worry bro, it would just be photos of food and other people's dogs anyway.

It's a working honeymoon for Brangelina

Angelina Jolie and Brad Pitt

Following their surprise nuptials, Angelina Jolie and Brad Pitt have taken their brood to Gozo, a small island near Malta, for a working honeymoon to film scenes for their new film, By the Sea, while they celebrate their union — and no one else is invited. "A lot of people have agreed to leave the island so they can have privacy to film the movie," a source tells Page Six, adding the couple has already paid as much as $200,000 to local business owners to convince them to take a vacation.

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METRO CUSTOM PUBLISHING

BACK TO WORK

Focus on what makes your job enjoyable

The inevitable return to work post-summer can cause any employee to have butterflies in their stomach, particularly if they have spent their time on vacations and taking advantage of the day's long hours to socialize.

For some people, that stress can lead to migraines before and during work. For others, it can create an overwhelming sense of dread as they begin their commute to work.

Dr. Nima Rahmany is a chiropractor and stress therapist based in Metro Vancouver. He says the majority of his patients come to him due to work-related stress. With the end of summer nearing, he says people feel nervous about coming back to jobs they may not particularly enjoy or which scares them.

"You have to become adaptable to your environment," he says.

Rahmany says after the rush of holidays, long nights on patios and enjoying the warm days, some people become scared of returning to their cubicle.

First, people have to ensure they are eating right and exercising regularly. Eating well and doing the right amount of activity helps reduce stress levels, Rahmany says.

The next is to keep it all in perspective.

"As human beings, we are creatures of habit," says Dr. Joti Samra, a psychologist who runs a practice in Yaletown and is a professor at Simon Fraser University. "There's a lot of value in having structure and routine in work."

In the long run, getting back to an organized structure and routine is better for our mental health in the long run, she says.

To help with the reintroduction of routine, both Samra and Rahmany say to focus on what makes your job enjoyable.

Samra encourages workers to pull back and not place too much importance on the return to work. "This happens every year and we get through it just fine.

– Nick Wells

SHUTTERSTOCK

SHUTTERSTOCK

GREEN COMMUTING ALTERNATIVES

PERSONAL TRANSPORTATION WITH MOTORINO

Vancouver has the goal of becoming the greenest city in the world by 2020, but it's not going to get there without some help.

The Canada Line and the upcoming Evergreen Line are steps in the right direction, but in a city with such a broad road network, personal transportation is a must.

That's where Motorino and its environmentally friendly, electric motorcycles, scooters and bicycles come in.

"We have manufactured and distributed light electric vehicles in Canada since 2002," says Steve Miloshev of Motorino. "High-performance is a landmark of our bikes, but safety is also a priority as they feature everything a motorcycle has such as signal lights, brake lights, horns, hydraulic ABS brakes, and high-quality motorcycle tires."

Several businesses have also started to use electric bicycles, scooters and motorcycles as viable transportation alternatives.

"People do choose us over similar businesses simply due to the fact that we are using and employing a greener means of transportation," says Fez Risonani, co-founder of Daily Delivery.

Urban dwellers, commuting professionals, businesses and more are looking at electric motorcycles, scooters and electric bicycles as their transportation of choice.

Motorino is located at 336 West 2nd Ave. For more information, visit motorino.ca, call 604-331-0555, or email info@e-ride.ca.

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MAKING A ROUTINE IS ALL ABOUT ATTITUDE

SHUTTERSTOCK

Like all good things, summer is almost at an end, and with it goes the last taste of freedom for many children and young adults as they trade in their free days and nights for school and homework.

And now it's time again for students (and parents) to get back into the habits of daily school life, even if they do it begrudgingly.

But Kevin Paul, authour of Study Smarter, Not Harder, believes the transition doesn't have to be as difficult as some would make it out to be, even if the teachers' strike continues into the beginning of the 2014-15 school year.

"Create a school schedule at home, vacation is over, it's time to begin serious studying," Paul says.

"Create study space at home. Studying on the bed leads to lots of naps, but not much learning."

Overall, Paul offers 10 strategies for young adults to get back into the mindset of a student, such as viewing math and language courses as essential and enjoyable, and how practising a little bit each day can go a long way.

"Have a plan for plenty of sleep and exercise, get your brain's natural chemistry working for you," he says.

In the meantime, Paul suggests picking up a book for fun. It doesn't have to be related to a subject, as long as you are reading, you are moving in the right direction.

Organize study groups, get plenty of sleep and exercise, set goals, and, if need be, consider getting a tutor for some of the more challenging subjects.

In the end, it's all about attitude, Paul says. You just need to be serious, positive, and selective in your studies and know when to take a break and have a little fun.

– Sam Smith

SHUTTERSTOCK

Use your commute to your advantage

With the end of long summer nights and a return to the daily grind, your daily commute is set to become a lot longer.

Kids are returning to school and those roads that may have been quiet in the summer are set to be swamped with school buses and people packing the sidewalks as they head to the office.

Nick Giardini, who lives and works in Toronto, recently accepted a new job, the downside of which means his commute to work has doubled in time.

"My commute has gone from blocks away to at least a 40-minute commute," he says.

KNOWING YOUR ROUTE

Giardini says what helps is to meticulously plan what route to take to work. When he first moved to Toronto, he diligently followed directions from Google Maps. While largely accurate, they took him through traffic hot spots where everything slowed to a halt. He moved away from the system to learning the city by himself.

SCHOOLS AND BUSES

Several universities offer tips and advice to help students with their commute. Knowing which bus routes serve the university population is key. Whether it is the 41 Joyce Station in Vancouver, knowing which buses will be packed with university students is integral to ensuring your commute isn't crowded.

CLOTHING

This may sound a bit odd, but dressing for the commute can help lower your stress levels. In Commuting Stress: Causes, Effects and Methods of Coping, a book about the stress and angst caused by commuting, Meni Koslowsky and Avraham Kluger argue that proper clothing can help keep you calm.

– Nick Wells

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Falling back into a restful rhythm

A good night's sleep is vital for your health

Going back to work after spending long summer nights at the cabin or on a patio can wreck anyone's sleep schedule.

For those worried about getting the right amount of sleep to cope with the daily grind of the office, here is a list of tips and tricks to make sure you are getting your beauty sleep before heading to the office.

According to Jennifer Garden, an occupational therapist who runs Sleep Dreams, a sleep consultancy, the key to getting a good sleep and getting back in the rhythm of the work cycle is dependent on three issues.

ACTIVITY

When you think of summer, time spent outdoors either working on your tan or kicking back in the pool come to mind. Garden says it's important to not drop all your outdoor activity as soon as you head back to the monotony of your cubicle.

"Getting yourself up earlier in the day is key," she says. "If you're getting yourself out early and exposing yourself to bright light, the theory is that you get a rise in melatonin."

Melatonin is then used by your body to fall asleep, so more melatonin means it's easier to fall asleep.

It may be hard to drag your body out of bed when your alarm goes off, but in the long run your body will thank you.

ROUTINE

Garden says establishing a regular pattern and schedule around your sleep is key.

She says the near perfect time to hit the hay is about 9:30 to 10 p.m., when melatonin production peaks in your body.

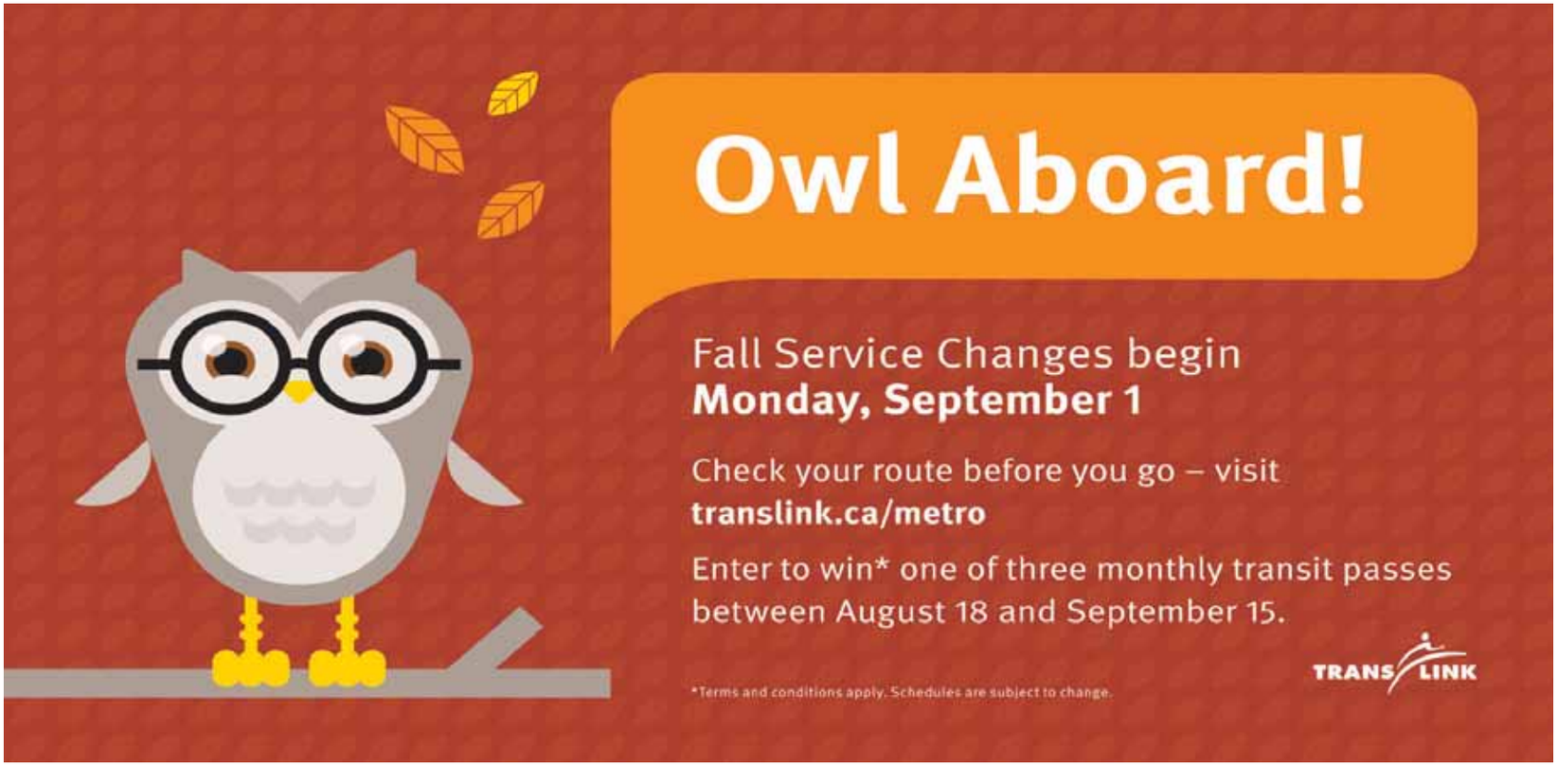
To this extent, Garden suggests creating a routine. Whether it be reading a book, or having a bath, it becomes important to designate relaxation one to two hours before bed to better prepare yourself for sleep.

NO SCREEN TIME

That means, shutting down your smartphones, laptops and not working. While there may be a desire to get your work done as quickly as possible, your body will thank you in the first few weeks of work if you have a dedicated schedule and leave work for when you are at the office. "You have to focus on shutting down your brain," she says. "It becomes self-preservation time."

– Nick Wells

SHUTTERSTOCK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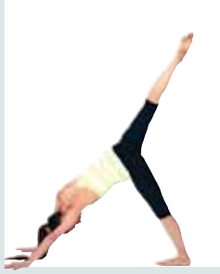
Get behind it: Butt lift yoga

Yogi Tara Stiles, owner of the Strala Yoga Studio in New York, shows us how to reshape and tone our backside. Do this simple five-step sequence up to four times a week.

ROMINA MCGUINNESS
Metro World News in London



From downward-facing dog, take a big inhale and lift your right leg up and back. Open your hips and shoulders and adjust accordingly.

Exhale and step your right foot between your hands into a low lunge. Ground your left back heel and open up into a warrior II. Sink your hips and aim your front knee over your front ankle. Open your arms out to the sides and gaze over your front fingers. Hang here for 10 long, deep breaths.

Inhale and tip your torso back into reverse warrior.

Take a big exhale and crawl yourself out into a warrior III. Bring your fingertips in front of you and lift your back leg up.

Roll up to stand and hug shin in to torso to get into dancer. Relax knee toward ground. Hold foot with hand and gently press foot into hand, extending opposite arm upward. Hang here for three long, deep breaths and go back to downward-facing dog.

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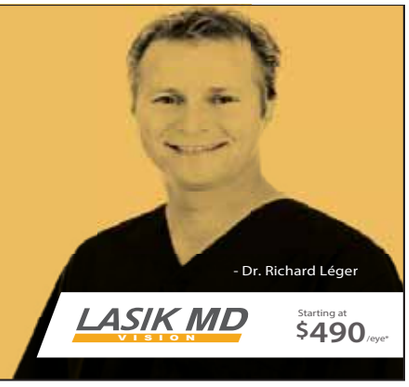

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MIND THE APP
Kris Abel
@RealKrisAbel
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This app records your daily routines across running, eating, walking, and sleeping into a visual journal so you can make beneficial changes. Very useful, but it lowers battery life, too.

Food synergy equals health

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Researchers are continually finding that certain foods deliver an even bigger health boost when eaten together. Scientists call it food synergy; we call it a recipe for better health and tastier meals.

In Best Health magazine's regular series Dynamic Duos, we show you how to get more nutritional bang for your buck by teaming up these power couples. Here are two from registered dietitian Matthew Kadey, from the September issue of Best Health.

Broccoli and Radish
This duo may prevent cancer. Adding a peppery kick to your broccoli can maximize its antioxidant firepower. A 2012 study in the British Journal of Nutrition reported that pairing broccoli with food such as radishes, arugula or horseradish significantly enhances the formation and absorption of sulforaphane, broccoli's signature antioxidant. Foods such as radishes possess the enzyme myrosinase, which works to improve the formation of sulforaphane and its absorption rate into the blood.

Sandwich idea
In a food processor, pulse 3 cups (750 ml) steamed broccoli florets, 1/3 cup (75 ml) parsley, 1/3 cup grated Parmesan cheese, 1/4 cup (60 ml) walnuts, 2 garlic cloves, juice of 1/2 lemon and a little olive oil. Spread the pesto on rye bread and top with smoked salmon or turkey plus sliced radish.

Pork and Mango
Pair them up for stronger bones. The beta-carotene in orange-coloured fruit and vegetables (mangoes, carrots, sweet potatoes) is converted into vitamin A in your body. In addition to its role in bone growth, this vitamin is good for maintaining the health of your skin, eyes and immune system. But you need zinc to get the optimum benefits; it is necessary to make retinol-binding protein that transports vitamin A throughout your body. You'll find zinc in pork, poultry, beef, lamb, pumpkin seeds, oysters and wheat germ.

Serve this salsa with supper
In a bowl, combine 1 peeled and cubed mango, 1 diced orange bell pepper, 1/2 finely diced red onion, 1 seeded and minced jalapeno pepper, 1/3 cup (75 ml) chopped fresh cilantro, 1/4 cup (60 ml) chopped fresh mint, 1 tbsp (15 ml) orange zest and 2 tbsp (30 ml) orange juice. Serve over cooked pork tenderloin or chicken breast, or enjoy as a dip.

FOR MORE DYNAMIC DUOS, PICK UP THE SEPTEMBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.

Pairing broccoli with a peppery kick can maximize its antioxidant firepower.
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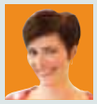

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Fresh peas are a pain in the pants to peel. I totally agree, OK? But are they ever worth it!

They are almost done for the season, so now is the time to make use of them. They really do deserve at least one very good run.

(If you are really time-crunched, go right ahead and buy them shelled and packaged because frozen is just not the same and will soon be all you can get.)

Green peas are so ubiquitous that it is easy to forget they are a member of the legume family, which has been shown not only to reduce cholesterol but also to be high in antioxidants.

Vitamin K, beta carotene and a boatload of minerals come with every mouthful, but a half cup is only 60 calories.

Peas are great simply poached for two minutes and then tossed with garlic, salt and olive oil.

Anything else is just gilding the lily.

The trick is to cook them as little as possible until they turn bright green.

One minute longer and you will end up with a greyish, mushy mess that may as well have come from a can.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Go green for dinner with Easy Fresh Peas and Kale Soup

Vegan. All you need to make this delicious soup is a few basic staples and 15 minutes

THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves four. THERESA ALBERT

Ingredients

- 1 onion, chopped
- 1 tbsp fresh chives,oregano
- 1 tbsp butter or olive oil
- 1 litre vegetable broth
- 2 cups fresh peas
- 5-6 cups baby kale
- 2 cups pistachio nuts
- 1 cup grated cheese (optional)

This late summer soup uses the best of the crop: fresh peas and baby kale. It's a vegan soup that will demolish that summer indulgence feeling. It takes 10 minutes to make bowlfuls of pleasure as an entrée with pistachios and/or cheese.

1. Chop onion, chives and oregano. Melt butter in pot and add onion, sweat for 3 minutes over medium high heat.

2. Add broth and bring to a boil, stir in peas and simmer for 3 minutes. Stir in kale and simmer for 2 minutes, add chopped herbs.

3. Use a purée wand to blend and top with shelled pistachios and cheese, if using.

THERESA ALBERT OF MYFRIENDINFOOD.COM

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Slurp-worthy vegan soup

This Cardamom Parsnip Pear Soup recipe serves four to six. THE CANADIAN PRESS

1. Heat oven to 180 C (350 F).

2. Place parsnips in covered baking dish with 1 cm (1/2 inch) of water. Do same in separate dish with pears. Bake, covered, until parsnips and pears are fork-tender. Pears will take 35 minutes; parsnips up to 1 hour.

3. Transfer pears, parsnips and any liquid from dish to a food processor or blender. Add almond milk and cardamom. Process until smooth.

4. Transfer to saucepan and bring to gentle boil. Remove from heat. Season with pepper and salt and chill 2 hours. Garnish with hemp seeds.

Quick Method

1. If crunched for time and have a super-high-powered blender, place all ingredients except salt, pepper and hemp seeds in blender and blend until smooth. Transfer to large saucepan and bring to a gentle boil. Reduce heat and simmer 10 minutes. Season with pepper and salt. Chill 2 hours if you want cold soup or garnish with hemp seeds and serve if you want hot soup. **THE CANADIAN PRESS/JOYOUS HEALTH: EAT AND LIVE WELL WITHOUT DIETING BY JOY MCCARTHY (PENGUIN CANADA BOOKS INC., 2014).**

Ingredients

- 2 or 3 medium parsnips, peeled and cut in chunks
- 2 Bosc pears, peeled if not organic, cored and cut in chunks
- 750 ml to 1 l (3 to 4 cups) almond milk or water
- 5 to 10 ml (1 to 2 tsp) ground cardamom
- Lots of freshly cracked black pepper and a pinch of sea salt
- 175 ml (3/4 cup) hemp seeds, for garnish

App'd to handle it

Tech. A guide to find the best apps to keep you focused and organized this year

MIKE YAWNEY
For Metro

Attending college or university for the first time can be daunting. Fortunately, students can use their smartphones and tablets to give them an upper hand on adjusting to campus life. Here are a few great apps for new and veteran post-secondary students.

Allrecipes, free (iOS, Android and Windows)
Students shouldn't have to live off noodles and canned meat. The free multi-platform app not only gives students suggestions on what to make, it also provides video walkthroughs for many recipes. The shopping list feature lets them make a list of needed items, then cross them off at the store.

iStudiez Pro, $2.99 (iOS)
Stay organized this school year with this beautifully designed app. Help track your deadlines, plan homework and schedule an entire day from an iPhone or iPad. The built-in GPA calculator helps you monitor results, keeping you on track to ensure there are no surprises at the end of the semester.

Evernote, free (iOS and Android)
Never worry about leaving a laptop or tablet full of notes at home again. Now you can always have your notes with you with the Evernote app. Take notes with photos, graphs, audio, and video, and the app automatically stores everything in an online account, which can be accessed on most iOS and Android devices. The best part is this highly useful app is free and ideal for broke students.

SelfControl, free (Mac OS)
It's easy to get distracted by social media, email and viral video sites while working online. This ingenious Mac application blocks all those distracting websites. Create a list of websites you want to block, launch the app, and watch as it prevents you from visiting them. The websites are blocked even if you delete or restart your computer. For many, this may be the only way to ensure they get your work done with little distraction.

Circleof6, free (iOS and Android)
Safety on campus is a concern for both students and parents. This app allows you to invite six people into your circle of friends. If you are walking home alone at night or meeting someone new for the first time, you can send a customized "come and get me" message along with a map showing exactly where you are. Sending a message only takes two taps on the screen.

Dictionary.com, free (iOS and Android)
More than just a dictionary. This updated app shows words trending in your area and will help you learn the lingo of your campus, making it perfect for those studying abroad for school. As an added bonus, downloading this app gives users access to Thesaurus.com. The app also works offline.

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* No purchase necessary. Contest ends September 30, 2014. Correct answer to skill testing question required. For full contest rules and how to enter without purchase, please visit rbc.com/rules. 1 Personal lending products are provided by Royal Bank of Canada® and subject to its standard lending criteria. Some conditions and restrictions apply. 2 Refers to the RBC Student Banking® account with no monthly fee and 25 debit transactions per month. 3 Additional *Interac* e-Transfers are $1 each. Totals are not cumulative and, if not used, cannot be carried over into the next applicable monthly cycle or calendar year. *Interac* e-Transfers to a Facebook contact currently only available for iPhone and iPad. 4 Refers to RBC Rewards® Visa‡ Gold card. Subject to credit approval. To see a list of eligible credit cards for students, please visit: rbc.com/studentcards. 5 Refers to Purchase Security and Extended Warranty Insurance. Coverage underwritten by RBC General Insurance Company in the province of Quebec and by RBC Insurance Company of Canada in the rest of Canada. All insurance is subject to limitations and exclusions. ® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ‡ All other trademarks are the property of their respective owner(s).

As a special end-of-summer gift to our readers, Metro brings you the first chapter of The Afterlife of Stars, the newest book by award-winning author Joseph Kertes. Over the next four days, we will be introduced to the Beck brothers, two young boys grappling with the world around them as Russian tanks roll into Budapest during the final days of the Hungarian revolution. In **Part 1** of four, we meet Robert and Attila Beck and their family.

The Afterlife of Stars

A not-yet-three-year-old Joseph Kertes is shown being held by his father, Paul, in Budapest in 1954. His mother, Hilda, is holding his older brother Bill, who was called Bela at the time. CONTRIBUTED

On October 24, 1956, the day I turned 9.8, my grandmother came to take me out of school in Budapest's 6th District. We were in the middle of reviewing decimal points because of a mistake a girl in the class named Mary had made. Other parents and grandparents were arriving too with the same aim, although no one had come yet to get my friend Zoli.

My grandmother gripped my hand as we made our way down Andrassy Avenue, but a crowd had formed at the Oktogon, blocking our passage. A tank stood in the street with a bold red star shining on its flank. We saw Russian soldiers, but no one was looking at them. Everyone was gazing up instead at eight Hungarian soldiers, one hanging from each of the lampposts. My grandmother pulled hard on my arm, but not before I was able to join the lookers.

A couple of the Hungarians had stuck out their tongues as they dangled — one seemed to be smiling, four wriggled and bucked, and the one nearest us, straight above my grandmother and me, looked down at us with evergreen eyes, but there was no anger in the eyes, or even light.

Klari, my grandmother, breathed into the crown of my hair, sending hot tendrils down over me. "Come, please," she whispered. I shuddered.

The crowd was quiet. Even the few people who were sobbing were doing so silently, swallowing the sound. And then we heard from a little way down the street what I thought was an orchestra and a singer, a soprano, singing a sad song. I looked around us as my grandmother turned me toward the sound. "It's a record," she said. "From over there."

We spotted an open window above a lacy café a half block away, the white tongue of a curtain fluttering out from the window. "A record?" I asked.

"Yes, a phonograph record," Klari whispered again, steering me onward. "It's Mozart," she said, "his 'Laudate dominum,' I think. 'Praise the Lord,' it means. I wonder why they would play that now."

"Because they like it," I said.

"Yes, of course. Because they like it. Mozart wrote some moving songs."

"Did you see the man's hair?" I turned back toward the Oktogon, toward the dangling men.

"Whose?" my grandmother asked me.

"The man with the green eyes." She looked with me, but just for a second. The man's auburn hair was parted and brilliantined so that it shone even at this distance. "Do you think he combed it for someone?" I asked.

"I don't know," Klari said. "His sweetheart, I suppose." I thought my grandmother might cry, but instead she said, "Now, please keep moving, my dear. We'll have cake. Let's have cake, at Gerbeaud Café."

"Now?"

"Yes, now. Let's have a treat. You can order anything you want. I know you want poppy-seed strudel."

She took me all the way to Vorosmarty Square. The cobblestones made me think of a great house lying on its side. From the top of the building opposite, two Russian soldiers, both sturdy women, unfurled a canvas sheet so big it covered a side of Kossuth's Department Store from roof to sidewalk. It was a vast portrait.

"Look, it's Papa Stalin," I said. I knew him right away from the picture above the clock in our classroom. He had the same smile and mustache, a mustache that was three times as impressive as Hitler's, which was little more than a black checkerboard square. I found myself smiling back at the giant face, like a circus face.

"Please," my grandmother said, giving my arm another tug. "He came to liberate us, the great father," she said under her breath, "but he forgot himself. He forgot to leave. They forgot to leave. *Come*, Robert, please." She was pulling hard on my arm now.

I was as excited about poppy-seed strudel as I was about Kaiser Laszlo, Gerbeaud's monkey in a golden cage. He squealed as soon as we walked in. I think he recognized me because I'd fed him some apple cake last time. If I were the Kaiser, I'd recognize everyone who fed me cake. He was wearing a bellman's blue cap and vest. He tilted his head in an appealing way and held out his little hairy hand.

As we got comfortable, I felt warm, as if we'd come in out of a storm. The waiter placed our sweets and cocoas in front of us. Klari took out her compact and mother-of-pearl makeup case. I watched, dazzled, as my grandmother, like an artist, applied some lines and clouds, borders and dots. Once done, she fished out her monogrammed silver cigarette case, removed a cigarette from behind the little garter and tapped the end on the case before lighting it. I was just breaking off a corner of my strudel for the Kaiser when the manager walked to the middle of the busy café, clapped her hands sharply and called out to us, saying we all had to go. She was very sorry. The café was closing for the rest of the day, but we could take our cake with us. The waiters brought linen tea cloths in which to wrap up our things. For a moment I thought it might have been the cake — they'd run out of cake — but the glass cases were full of colorful sweets. I spotted a colony of marzipan goblins and other figures. Our waiter brought me one of them, a marzipan monkey with a cap like the Kaiser's.

A woman in a long mink coat brushed by us, trailing the scent of mothballs. For the longest time, I had thought that this was the scent of mink. I knew better now, but I wondered if moths went after *actual* minks or just mink coats.

The woman paused by the door to look back at us but then peered down at her own feet. She wore black patent leather shoes with very high heels and sharpened toes. They were pointing at

On the shelf

Get the book!

- Joseph Kertes' The Afterlife of Stars (Penguin Canada, $22.95) goes on sale today and is available in bookstores across Canada!
- Look for Kertes' other novels: Winter Tulips, Boardwalk and Gratitude.

Win a copy

- Are you a fan of Joseph Kertes? You could win a signed copy of The Afterlife of Stars. For full contest details and to enter visit clubmetro.com.

Joseph Kertes is the award-winning author of The Afterlife of Stars. IAN CRYSLER/FOR METRO

something. "Look," the shoes seemed to be saying, "right there on the floor. Have a look."

Then, with their fine sense of direction, the shoes turned, pointed the way out the door and took the woman out.

People were leaving quickly and abandoning their cake, most of them.

"What will happen to the Kaiser? They won't hang Laszlo, will they?"

"No, of course not. Not a thing will happen to him," my grandmother said. "He'll be here for us next time."

"When?"

"*Next* time," she said, as if she were saying never.

We hurried home to find my parents rushing around the apartment and making telephone calls. Our mother flitted from one room to the next. She smiled when she saw that I was home. "Sorry you had to leave school, my lambkin," she said, and then went about her business. My brother, Attila, was already home. He was 13.7, and he had our mother's blond hair, while I had black hair, like our father's. Attila was also a head taller than I was, everyone kept pointing out, making me want to plop an extra head on top of mine, a freaky one, possibly.

My brother was sitting on the sofa eating an apple. "We're leaving altogether, my lambkin," he said to me.

I sat down beside him. "Where are we going?"

He was chomping away but said, "West. We're going to the Wild West. You'll need your cowboy hat and spurs."

"Why?"

He was acting as if he knew but wasn't telling, so I said, "I saw the hanging men."

His face fell open. "What do you mean?"

"From the lampposts."

He turned his Arctic blue gaze on me. "Which ones?"

I crossed my arms. "On Andrassy," I said. "At the Oktogon." I pictured the man with the green eyes and nicely combed hair. As if to protect the secret of this man, I said, "Some of the men had their tongues sticking out."

Attila jumped to his feet. "That is not what happened. You did not see hanging men, and they do not stick out their tongues. I know that for a fact."

I shrugged. "Ask Mamu."

Attila ran off to get our grandmother, and I could hear him yelling out questions at her. When he came back to me, he had whitened. His blue eyes looked like marbles dropped in snow. He looked as if he wanted to strangle me. He glared, slapped at the arm of the sofa. "Are they still there?"

"What?"

"Are they still hanging there? *Shit*."

He ran out to the balcony, climbed onto the railing to peer out over the bronze head of Mor Jokai, the old Hungarian writer, whose statue sat at the top of our street, keeping watch over it. Attila turned toward me with his icy look. Then he flew back past me to our bedroom, slamming the door behind him.

That night, as we got ready for bed, my brother looked inside his pajama bottoms —he did quite a study — and then he raised his arms, flexed and turned toward the mirror, admiring the muscles and then the hairs sprouting from his armpits. "We are experiencing the balding of the world, my small brother." He tugged on a couple of the hairs. "These tufts are the last bits of hair left to us. But notice the apes are having none of it. They probably know something we don't."

"What?" I asked.

"I told you, it's something we don't know."

"How do you know it's anything, then?" I said.

Attila sighed heavily but then moved on immediately, which was his way. He peered down again into his pajama pants. "I would have made sperm a brighter color," he said, "if I had been the Lord God, Creator of the Universe."

"What color is it now?"

"You don't know?" he asked, smiling broadly. I shook my head. He said, "Do you want me to bring some forth for you to see?"

"No, I don't."

"It's a drab pearly cream color. It doesn't say how important it is, how exciting, how it makes babies, humans, soldiers, beauties, love, courage, heroism." The image of the hanging men shot through me, this time the ones with their tongues out. Attila was still talking. "The color says nothing, or it says it is nothing. Blood is red. It makes declarations. It says alarm; it says *I am the living stream*. But sperm does not. It is drab and poorly designed, or at least poorly decorated. 'Give it something more,' I would have said to the Lord. 'Color isn't everything. Give the little sperms horns, or feathers.'"

"Feathers?"

"Or full wings. Just fly through air. Right now, the slithery bastards swim upstream. Give them wings. Give them noisemakers, or little voices, so that all together they could sound like a mob storming the gates."

Attila got into bed. I was still sitting on the edge of mine, waiting for more, I guess. I was staring at him, at the back of his golden head, his slender white neck. I was sure that with a noose around his neck my brother would keep his tongue in his mouth, just to prove his point.

By the time I switched off the lights, Attila was asleep. He always fell asleep right away, even when our grandmother told us stories. Now I listened as she and our parents spoke quietly but heatedly in the living room. "We'll go to Nebraska or Utah," my father said. Now he turned on his loudspeaker voice.

"We'll become Mormons. I want to become a Mormon, try on something new." I could hear him creaking back and forth over the floor. He stopped. "We'll go to Canada. Why not Canada?"

I recognized the word *Canada* because my father's cousin Peter lived there.

"What are you talking about?" my mother asked. "And please keep your voice down."

My grandmother said we should go to Paris first to visit her sister Hermina. It would be a good place to start.

"We'll visit Paris," said my father too loudly. "We're not staying in Paris."

"Why don't we wait to see?" my mother asked.

"Because we've had enough here," he said. "Have you not had enough of Europe?" He was blasting out his thoughts now. "We've had enough of the old bitch. Europe is a failed experiment—it should be paved over and turned into a parking lot."

"Simon, please," Klari whispered. "You would not have said that if your father were still around."

"He's not around. He is resting at last."

"Do you consider that a good thing?" his mother asked.

"It works for me."

"*Simon*," my mother said. "Why do you always have to go too far?"

"Here's what I know," Klari said. I could hear her huffing. She might have gotten to her feet. "I know that nobody knows anything. And some of us know nothing with greater certainty than others."

No one answered. There was some shuffling of feet and some clinking of glasses, but they went quiet soon after.

In the darkness, I watched the bar of light at the foot of our door. It floated up like a wand into the ceiling. When the living room lights finally went out, I waded through the black milk of the night. I saw the green eyes of the hanging man up ahead in some woods, like the eyes of a woodland creature. I heard music — drumming — from the window and thought of Kaiser Laszlo, deprived all afternoon of his usual morsels. But it wasn't drumming. It was pounding. Our bedroom windows rattled in their casements and lit up as bombs fell in the distance, their sound muffled, as if I were listening to them through my pillow. I counted the seconds between the flashes and the sound, the way Attila and I did with thunder and lightning, to see how far away it was. Then the hanging man's eyes floated up again, greening over my sleep.

As Attila and I got dressed the next morning, it felt strange not to be going to school. It felt like a holiday, but not a festive one. My father's cousin Andras and his wife, Judit, were over, and the whispering continued until Attila and I joined them. They were sitting in the kitchen having tea and walnut cake. Judit was as pregnant as could be and panted as she shifted this way and that. She seemed too small and slight to have all that baby stuffed inside her. Judit had a copper glow about her in the lamplight and a constellation of copper freckles, which shifted with her big smile. She gave me a hug and kiss and smelled of the sweet powdery scent of a baby herself. She said, "I hope I have a child as beautiful and smart as you boys."

"You should be so lucky," Attila said, as he reached for a cup and panted extra hard in imitation of Judit.

Judit wanted me to sit in her lap, but I said I was too big. "You're not," she said.

"He is, my sweetie," my mother said, smiling. But Judit had already pulled me down into her lap and thrown her arms around me. Everyone was smiling then as things seemed to swirl around us.

Judit said, "I just want a good child, a kind one."

"Oh, is *that* all?" my brother said. He had poured himself some espresso and was adding ten spoons of sugar.

"Yes," was the answer. Judit had a determined look in her eyes.

"Mamu and I saw people hanging our soldiers," I told her. "Russians."

Judit loosened her grip on me. "Oh, my dear Lord," she said. "Oh, dear Lord. My poor young Robert." She held my face by the temples, looked me in the eyes. "There are good people and there are bad people, but the worst people are the ones who think they are good when they are in fact bad, evil. They would seat themselves right next to the Lord in heaven."

FROM: THE AFTERLIFE OF STARS BY JOSEPH KERTES. COPYRIGHT © JOSEPH KERTES, 2014. REPRINTED BY PERMISSION OF PENGUIN CANADA BOOKS INC.

Online only

We have more on The Afterlife of Stars at metronews.ca

- **Video.** Metro columnist Richard Crouse interviews Joseph Kertes about his new book and the creative process.
- **Author talk.** Have a question for Joseph Kertes? The author will hosting a live online chat Thursday, Sept. 4 at 1 p.m. EST. You can submit questions in advance at metronews.ca.

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Tuesday, September 2, 2014

Bursary will open doors

Douglas College. Endowment geared toward financial assistance for mature students

The Douglas Students' Union mature student bursary was made possible by a $20,000 endowment from the students' union and an additional $10,000 from the Douglas College Foundation. CONTRIBUTED

DANIEL HENDRIKSEN
For Metro

A new bursary at Douglas College will be geared toward making financial assistance easier for mature students. Starting this school year, the $30,000 bursary created by the Douglas College Foundation and the Douglas Students' Union will come into effect.

The Douglas Students' Union mature student bursary was made possible by a $20,000 endowment from the students' union and an additional $10,000 from the Douglas College Foundation. Students older than 24 who can demonstrate a financial need can apply for assistance in the amount of $1,000.

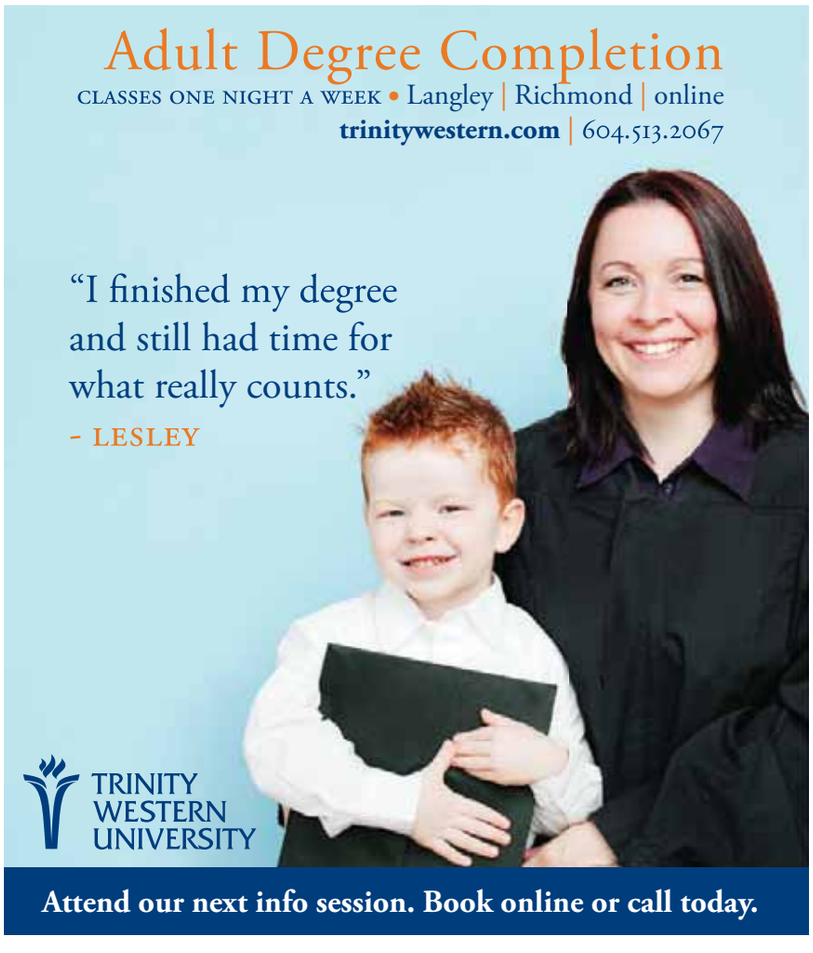
"The Douglas Students' Union advocates vigorously on behalf of all students and this donation clearly demonstrates that they understand the financial challenges facing some students," Hazel Postma said in a press release.

Postma is the executive director of the Douglas College Foundation and associate vice-president, external relations at Douglas College.

"By focusing on mature students, they are helping people who have realized that having a post-secondary education can open doors to a brighter future yet may have financial barriers that are preventing them from enrolling," Postma said. "It has been a pleasure working with the Douglas Students' Union and I look forward to telling our community donors about the kind of support provided to students by students."

The Douglas College Foundation has been working to remove financial hardships for post-secondary students since 1985. Last year at Douglas, more than 1,800 bursaries, scholarships and awards were handed out to students.

"Gone are the days of keeping one job for life," said Lorna Howat, internal relations co-ordinator of the Douglas Students' Union. "Workplace changes and personal challenges have an impact on individuals. Upgrading or retraining is becoming a norm in today's workforce. The Douglas Students' Union is pleased to fund this bursary and assist this growing demographic of students in achieving their educational and career goals."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SFU introduces new registrar

There is a new registrar and executive director of student enrolment at Simon Fraser University (SFU), and he fully expects the school to hit its registration goals this year.

Mark Walker

Mark Walker comes to SFU after spending 10 years with the University of Waterloo, which is a nationally top-rated, comprehensive university.

The St. Catharines, Ont., native spoke in a press release about how happy he is to be with SFU, and how it is a perennially top-ranked school.

"SFU consistently attracts high-calibre students as evidenced by its admission standards and the success of its alumni," he said. "Extensive consultation, on and off campus, has resulted in the approval of a number of strategic documents that address enrolment targets and the mix of domestic and international students at SFU. As registrar, I'll be working with our whole team in student services to ensure these strategic objectives become attainable plans.

"I believe we are seeing students and their parents look at higher education in very practical terms as a way to prepare for a rewarding career, to develop a set of skills that allows them to adapt to an evolving workplace, and to be ready for new and different world experiences,"

DANIEL HENDRIKSEN

JIBC. School upgrades information systems

DANIEL HENDRIKSEN
For Metro

In an effort to upgrade its information systems, the Justice Institute of British Columbia (JIBC) has partnered with software company Ellucian. Going forward, the institute will be using Ellucian's program Colleague® for its student, finance and human resource information systems.

With the switch to Colleague® as its new ERP system, JIBC hopes to provide students with a more user-friendly experience, while improving organizational effectiveness and accountability. Students can now do more of their business online, including buying books, registering for courses and getting financial aid notifications.

Peter Kingston, vice-president of finance and administration at JIBC, spoke in a media release about the reason the school made the switch and partnered with Ellucian.

"Our decision to replace the current systems with Colleague® was driven by our need to have a seamless, more flexible offering that better meets the very diverse demands of our current and future learner communities," he said. "It also improves our access to and use of data, which is a critical step toward meeting accountability goals established by the provincial government."

Partnering with Ellucian has allowed JIBC to join a provincial higher education Colleague® consortium with eight other B.C. post-secondary schools. Schools involved in the consortium are able to tap into a knowledge base with other users, and being part of the group also provides them with cost-sharing opportunities.

"In offering a range of programs, from bachelor's degrees to training certifications, Justice Institute of British Columbia needed a solution that matches the educational flexibility that has established it as Canada's leading public safety educator," said Paul Cunningham, senior vice-president of North America customer relationships at Ellucian. "Colleague® by Ellucian helps JIBC successfully respond to the needs of its diverse learners while also preparing for improved data-based decision-making."

Surrey mayor to get honorary degree

Thanks to her "positive leadership, progressive governance and dedication to the citizens of Surrey," Dianne Watts will soon be presented with an honorary degree from Kwantlen Polytechnic University (KPU).

Dianne Watts

After nine years as a city councillor, Watts was elected Surrey's first female mayor in 2005. A popular politician, she was re-elected in 2008 and 2011. However, Watts recently announced she will not be seeking re-election when voters go back to the polls this November.

"Mayor Watts has been a catalyst for innovation in this city," KPU president and vice-chancellor Dr. Alan Davis said in a press release. "She has essentially redefined the role of Surrey mayor from one who is exclusively responsible for civic infrastructure to an all-encompassing leadership position that champions Surrey through collaboration between the various government, social service, economic, non-profit and community interests."

"I humbly accept this honorary degree on behalf of the residents of Surrey," Watts said.

DANIEL HENDRIKSEN

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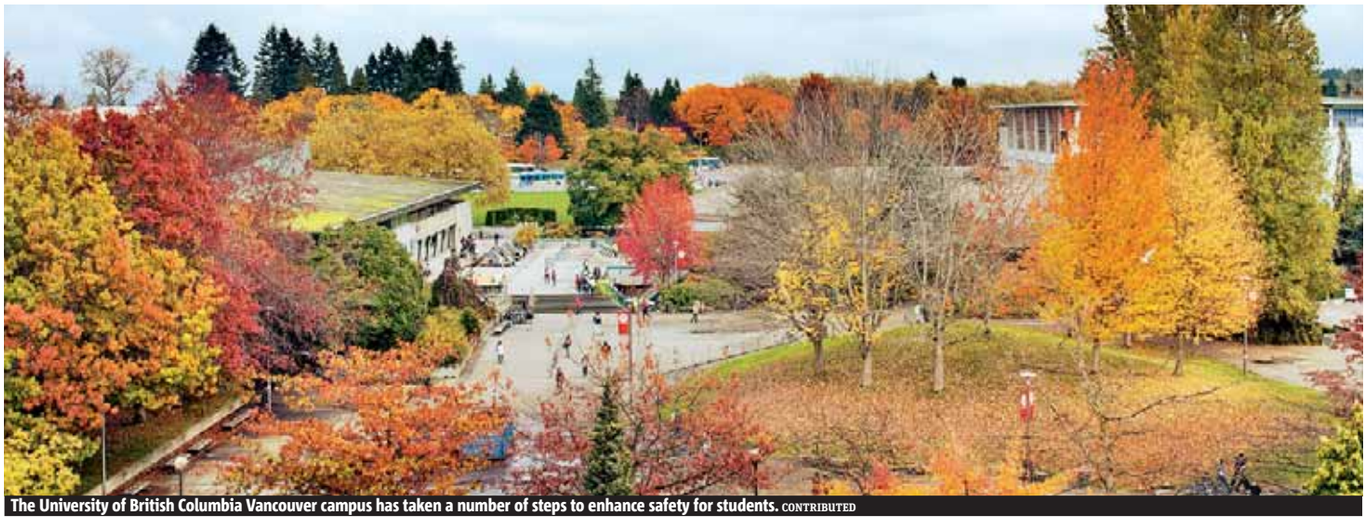

The University of British Columbia Vancouver campus has taken a number of steps to enhance safety for students. CONTRIBUTED

With September upon us, so is the new school year, and the University of British Columbia (UBC) is hoping that a series of changes will make its Vancouver campus safer.

The post-secondary institution has taken the following steps to enhance safety for students, faculty, and visitors: Investment in lighting and landscaping, resulting in more open, well-lit walking routes through campus; strengthened UBC students' Alma Mater Society Safewalk program, with added support from the university; added coverage of UBC campus security bike patrols; and developed new safety communication features for the mobile UBC application.

After a series of sexual assaults in 2013, UBC established a campus working group with the goal of increasing safety. The members issued a final report in May and the school has been acting on the recommendations in that report.

"UBC's Vancouver campus has been, and continues to be, a very safe place to live, work and study and we are committed to tangible, practical safety improvements," school president Arvind Gupta said in a press release. "We also agree with safety experts that, ultimately, the best crime prevention is a caring, connected and respectful community. This is why we'll also be focusing over the long term on education and community building initiatives."

UBC plans to continue to enhance safety. Future plans include the addition of educational and awareness-building activities, improvement of collection, tracking and the monitoring of safety data, and the upgrade of co-ordination of communications, police and victim support services.

"The campus is more like a suburb of 60,000 people than a contained area," said Ben Goold, a UBC law professor who specializes in security and surveillance, and a member of the safety working group. "Long term, we must focus on actions that foster a truly engaged and connected community. That is, ultimately, the best deterrent."

In total, the enhanced lighting and landscaping cost approximately $750,000, while $250,000 was spent on safety education programs and the development of communication tools.

CONTRIBUTED

Enrol in after-school French classes

Your child's learning does not need to stop when the bell rings at the end of the school day.

Instead of trying to keep them busy at home or trying to find costly after-school childcare, consider enrolling them in French classes at Alliance Française de Vancouver.

"French is a great skill to possess in Canada and it can help children improve their grades in school and their lives," says Valentin Morin, course manager, Alliance Française de Vancouver.

Starting Sept. 2 and running until December, Alliance Française offers 60 different after-school French courses (beginner to advanced) for children and teens.

Courses take place one night a week, and new this year, students will receive report cards so parents can track their child's progress.

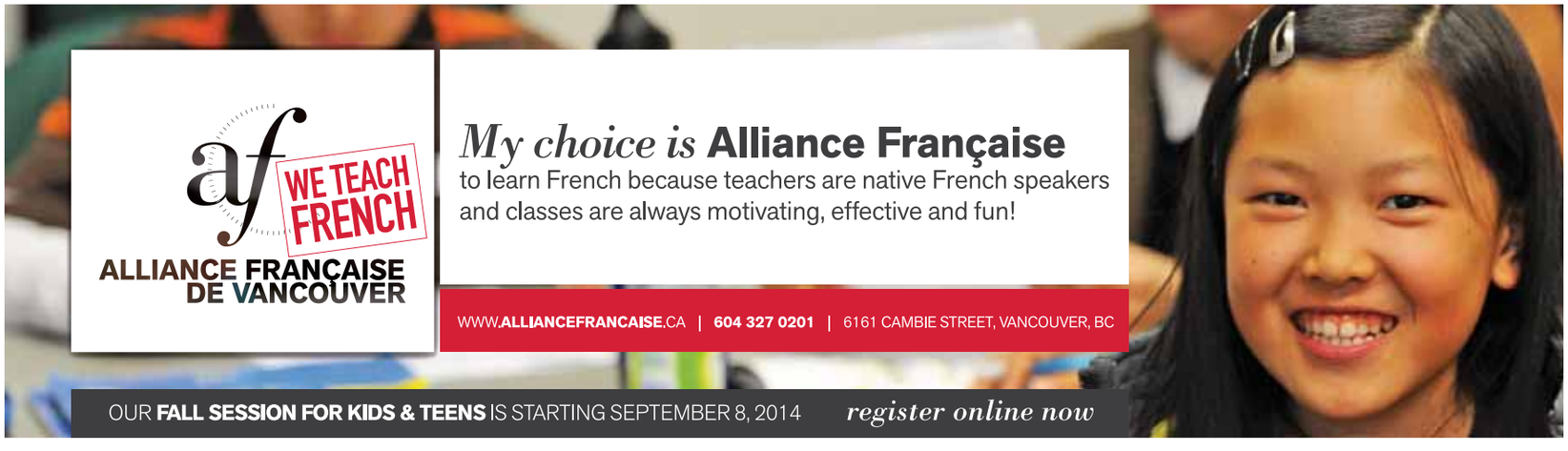
Alliance Française courses focus on reading, writing, speaking and listening.

"The French classes are communicative and based on the common European framework for languages and are very efficient and very modern," Morin says.

Alliance Française also offers adult French courses starting at the end of September.

"We have something for everyone," Morin says.

To learn more about any of these courses or to register your child, visit alliancefrancaise.ca.


af
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Make an impact on lives of others

Maximize potential of students with MTI Community College

The special education teacher's assistant (SETA) diploma program at MTI Community College trains individuals to enter into a field where their support makes a great impact on the lives of others.

Those who are trained in this field have the capability to maximize the potential of the students they work with and to individualize the success of each one.

"Our program helps our graduates to become better thinkers and to communicate effectively themselves," says Suzanne Adams, instructor of the SETA program. "This, in turn, helps the students they will work with to do the same and to realize their potential."

This program was designed to further develop the knowledge and skills that graduates would need to support and work with children and youth with exceptionalities.

Students will learn the physical, cognitive, social/emotional development from birth to adolescence. During the course, students will spend 12 weeks covering learning disabilities, both high and low exceptionalities.

SHUTTERSTOCK

"This means that we cover everything from autism spectrum disorders, fetal alcohol spectrum disorders, Williams syndrome, Prader-Willi, ADHD, dyslexia, emotional/behavioural disorders to many others that we know our students will encounter in their career," Adams says.

Since its development, the program continues to evolve.

"The program is always updated with the assistance of teachers, teacher assistants and school districts to ensure that it would always meet the needs of schools and, ultimately, the exceptional students they will serve," Adams says.

Over the years, MTI has developed a great relationship with Abbotsford, Mission, Chilliwack and Hope-Fraser Cascade school districts. This year, MTI added the Langley School District and, most recently, the Vancouver School District.

"They look forward to our students each year and have hired the bulk of them," Adams says.

Graduates can also be found working in a number of locations throughout Alberta.

For more information, visit mticc.com.

PRACTICUM EXPERIENCE

The program combines theory and hands-on practicum experience in schools.

Starting in January 2015, it will evolve again, as MTI will add two more weeks to the practicum component to allow for two practicums equalling four weeks in length each.

MTI will also be adding a further component for personal care.

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45 week Diploma program includes 6 weeks practicum

STEPPING STONE INTO HEALTH CARE

ENROL AT WESTERN COMMUNITY COLLEGE

For those individuals looking to get their foot in the door of the health-care field, the health-care assistant program at Western Community College may just be that stepping stone.

Health-care assistants provide care for those in need and also assist other health-care providers on the front lines.

Parminder Kaur, program adviser at Western Community College, says this program is a great option for those individuals who are recent graduates or may have been a licensed practical nurse back in their home countries, but are looking to get training to work in this field in Canada.

"This program is a great way for immigrants to get experience in the Canadian health-care field and bridge the gap with the skills they already have," Kaur says. "This program also better equips students who are looking to further their education and to one day go on to become licensed practical nurses or registered nurses."

The entry requirements for the program have changed. Students have to take an English language proficiency tests — for example, IELTS, CLB and CELBAN — before they can enter into the program. Western Community College is providing free preparation classes for CLB and IELTS exams.

ENTRANCE REQUIREMENTS

To be considered for admission into this program, applicants must meet the following entrance requirements:

- Proof of Grade 10 graduation or mature student status;
- Proof of meeting English language competency requirements;
- English 10 or equivalent (for native speakers of English);
- Standardized English language proficiency test score (for non-native speakers of English).

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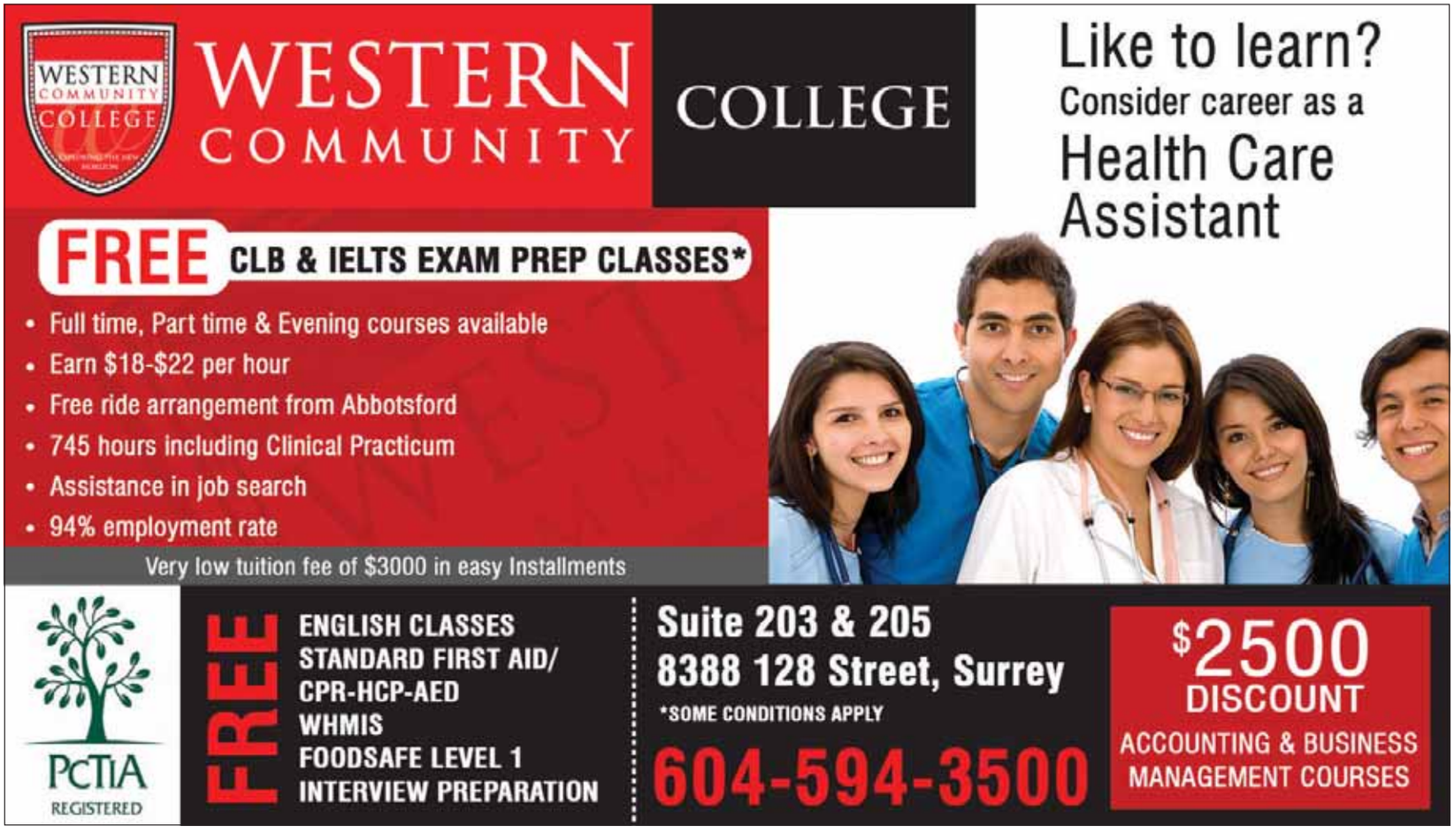
Because Western Community College understands that each individual students have different scheduling needs, this program is offered either full time (starting Sept. 8) part time (starting Sept. 6).

Within each option, students will participate in a practicum where they will use the skills they have learned in the classroom in a health-care environment, such as long-term care, independent living, or assisted living facilities.

Kaur says while many graduates have received jobs from their practicum placements, Western Community College will also provide job seeking support to those who need it.

For those interested in this program, call 604-594-3500 to book an appointment. For more, visit westerncommunitycollege.ca.



SHUTTERSTOCK

Doing more for less while at school

Vancouver Community College offering free tips in video series

While the idea of living off macaroni and cheese for a few semesters may seem like a great idea at first, living off a boxed food diet is not the ideal situation for most students.

Heading to school does not mean you have to live poorly until you graduate.

To help its students from going broke, Vancouver Community College (VCC) is offering free tips through its Live Well For Less video series.

"Our Live Well For Less series of videos are aimed at helping cash-strapped students and members of the community live well without busting their budgets," says Lindsey Peacock, social media/digital content coordinator at VCC. "Each video offers a new tip or trick to help viewers do more for less in a city that's renowned for having a high cost of living."

Launched in May, this series hosted by instructors, alumni, and experts gives tips on how to live on a budget.

Each video features one tip or trick described in a step-by-step video tutorial.

Peacock says frugality and living within a budget aren't concepts that are widely discussed.

"The cost of tuition and living expenses can be extremely overwhelming for students," Peacock says.

"The perception seems to be that living within your means is restrictive, but we want to show viewers that you can cook delicious meals, build a carefully curated wardrobe and maintain your vehicle in ways that save a little cash and stretch those hard-earned dollars."

In addition to education and training, part of VCC's role is to support students in any way it can.

"If we can provide this kind of information to make their lives a little easier, then we're completely on board," Peacock says.

For more great tips, visit vcc.ca/tv/.

STAY TUNED FOR MORE VIDEOS

Anyone interested can view all the Live Well For Less videos either on Vancouver Community College's YouTube channel or on the VCC TV web channel.

If you enjoyed the first set of Live Well For Less videos, stay tuned for more to be posted in mid-September.

VCC.CA

Go ahead. Get skilled.

Skilled workers are in high demand. Explore ways to get skilled and get ahead in a new career.

Join us for a free information session

Program	Campus
Transportation trades Every Tuesday, 11 a.m. – lobby, building B	Broadway
Teaching English to speakers of other languages (TESOL) Thursday, Sept. 4, 11 & 18, 12 p.m. – room 518	Downtown
Building service worker Monday, Sept. 8, 1 p.m. – room 237	Downtown
Accelerated gemmology Wednesday, Sept. 10, 6 p.m. – room 164	Downtown
MasterValuer appraisal Monday, Sept. 15, 6:30 p.m. – room 164	Downtown
Dental hygiene Wednesday, Sept. 24, 5 p.m. – room 501	Downtown
Culinary arts Friday, Sept. 26, 9:30 a.m. – room 112 (theatre)	Downtown
Music Tuesday, Sept. 30, 4:15 p.m. – room 3001	Broadway

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

VANCOUVER COMMUNITY COLLEGE

VCC.CA
604.871.7000

CONTRIBUTED

FINE-TUNE ACADEMIC SKILLS

The Columbia College university transfer program and associate degree programs provide an excellent opportunity for students to fine-tune their academic skills and knowledge within a smaller environment for up to two years before making the transition to larger universities in Canada.

"As many of our students are international students and are beginning their academic career in a new country for the first time, the limited class sizes allow students to interact with their peers and professors on a personal level, all while gaining access to the skills necessary to succeed at university," says Chelsey Acierno, admissions officer, Columbia College.

The university transfer program offers a wide range of courses within the arts, sciences, computer science, business and engineering that fully transfer to universities in B.C. and Canada, granting students a variety of pathways into university as they can enter as a second- or third-year student.

"This can often reduce the pressure and anxiety that going to a large university in another country for the first time can have on international students as they learn how to study, take notes, and interact in Canadian classrooms in a smaller setting," Acierno says.

Also, the recent expansion of associate degree programs allows students to concentrate their studies into economics, business administration, mass communication, computer science, and mathematics.

For more information, email admin@columbiacollege.ca, or visit columbiacollege.ca.

Training Innovations helps newcomers find success

When Younghun Kim moved to Canada in 2012 to seek out a better life, he found his 10 years of civil engineering experience did not quite translate to the Canadian job market.

"All my education and skills were recognized on paper but it didn't work in reality," says Kim, a GIS drafter.

To help find work in his field, Kim enrolled in the skills connect program for immigrants (SCIP) offered through Training Innovations.

SCIP is funded by both federal and provincial governments and has had great success in helping internationally trained professionals find career success in their new country.

The program services provide complex support to address immigrants' employment needs in career targeting, job search skills and workplace orientation, skills enhancement through career counselling, learning facilitation, and employment coaching.

"Skills connect service was specialized for my engineering field and gave hands-on information and opportunities like counselling and job leads," Kim says.

SCIP connects newcomers' pre-arrival skills to local businesses by providing job-ready skilled workers.

Through the help of Training Innovations' extensive industry network, Kim was connected with Fortis BC and currently works as a team lead.

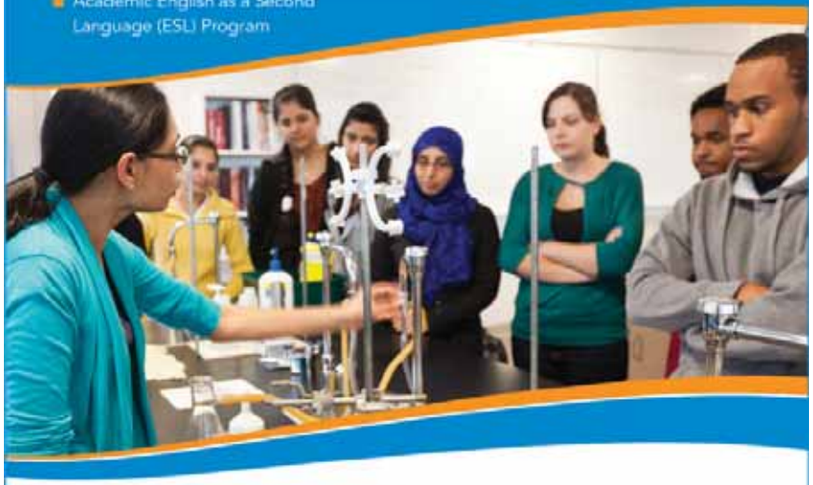
The program is free to immigrants who meet certain eligibility requirements.

For more, visit skillsconnectbc.com.

SHUTTERSTOCK

Columbia College
Established 1936

- First & second year university programs for transfer to the University of British Columbia, Simon Fraser University, University of Victoria and other major Canadian universities
- Associate of Arts and Associate of Science degrees
- University Foundation programs (Grade 11 and 12)
- Academic English as a Second Language (ESL) Program



For further information, contact
Admissions Office, **COLUMBIA COLLEGE**
438 Terminal Avenue, Vancouver
British Columbia V6A 0C1
Tel: 604-683-8360 Fax: 604-682-7191
Email: admin@columbiacollege.ca
Web: www.columbiacollege.ca

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This event is hosted by the North Vancouver City Library, Training Innovations and S.U.C.C.E.S.S.

Date:
Tuesday, September 16, 2014
12:00 – 4:00pm

Location:
North Vancouver City Library
120 West 14th Street, North Vancouver
(Near the North Vancouver City Hall)

For registration please go online:
http://bit.ly/VJ71qp
or phone **604-684-1628**

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- Organo Gold
- Paul Alexander
- Concord Security Corporation
- Natural Factors Group
- First Nations Health Authority
- Desjardins Financial Advisor
- Wales Young Institute
- Fortinet BC
- Freedom 55 Financial
- VanCity

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4 SPORTS

Northwest League

Canadians wrap regular season with a sweep

Monday's game began with members of the Vancouver Canadians leading another announced-capacity crowd at Nat Bailey Stadium in the singing of O Canada.

It ended with a 4-1 victory for the Canadians over the Spokane Indians, giving the local baseball club a series sweep over their rivals from Washington.

The floodgates opened in the bottom of the fourth inning, as the Canadians scored three runs — thanks to some sloppy defending from the Spokane infield — and cruised from there in what was otherwise a meaningless game between the two.

The 2014 regular season is now over.

The Canadians, thanks to their victory over Spokane on Monday, tie a franchise record for most wins in a season with 46, initially set back in 2012.

The previous night, Vancouver solidified the North Division pennant and a playoff position by defeating the Indians.

There's really no time to celebrate. The playoffs begin Tuesday evening at Nat Bailey.

The Canadians are on the hunt for a fourth straight Northwest League championship.

They meet the Indians in the best-of-three first-round series. The winner advances to the championship round.

The Canadians host the opening game of the series before it shifts back to Spokane for Game 2 on Wednesday, and, if necessary, Game 3 on Thursday.

CAM TUCKER/METRO

Canada's Eugenie Bouchard returns a shot during her fourth-round defeat to Ekaterina Makarova at the U.S. Open in New York on Monday. Despite the loss, Bouchard has the most Grand Slam wins (19) of any player in the WTA this season. STAN HONDA/AFP/GETTY IMAGES

Heat, strain bring down Bouchard

Eliminated. U.S. Open ends for Eugenie over a sweltering afternoon loss to Makarova

Eugenie Bouchard says she will be fine and is looking forward to playing tournaments in Asia later this year.

But her U.S. Open is over, lost to the heat and the heavy workload as her bid to reach at least the semifinals of a fourth Grand Slam event this year fell short.

The Westmount, Que., native needed a medical timeout to treat dizziness and exhaustion in the second set of her 7-6 (2), 6-4 loss to left-hander Ekaterina Makarova in a fourth-round match played in sweltering heat on Monday afternoon.

It was a scary moment, but she got up and finished the match.

"I was feeling very lightheaded and dizzy on the court: you know, just seeing things a little blurry," the 20-year-old said. "They think the heat got to me a little bit.

"And they know I probably was more tired than usual from the past few matches."

Doctors kept her from doing her post-match interview for more than two hours as they helped her to recuperate. She said playing the two three-set matches late at night in the previous two rounds also played a part.

"So it's not a huge surprise to me. It's disappointing, but I know there's no reason to worry. Once I do a lot of good training, I can compete at this level for two whole weeks, hopefully."

She has been battling minor injuries that were built up during her stirring run at the biggest events this year. She became the most-talked-about player on the WTA tour as she reached the semifinals of the Australian and French Open and then went to the final at Wimbledon in June.

THE CANADIAN PRESS

Stretched thin

"Since Wimbledon it's been a little bit of a struggle with nagging injuries."

Canada's Eugenie Bouchard

D is for dominant if you're the Stamps

Eskimos, from left, Aaron Grymes, Rennie Curran and Eddie Steele chase the Stampeders' Jon Cornish in Calgary on Monday. JEFF MCINTOSH/THE CANADIAN PRESS

One of the reasons running back Jon Cornish likes life as a Calgary Stampeder is he doesn't have to face his own defence. It's not a place where there is a lot of daylight.

For the second straight game and for a fourth game this season, Calgary didn't allow an offensive touchdown in their 28-13 win over the Edmonton Eskimos on Monday.

"People don't even know how good our defence is," Cornish said. "It really shifts momentum and it demoralizes the other team. I've said it before, I'll say it again: I do not want to play against our defence."

The hype for this year's Labour Day clash between Alberta's CFL clubs was justified as it featured two teams tied for both the league and West Division lead.

Calgary moved into sole possession of first place at 8-1 with the win, while the Eskimos dropped into a tie with the Saskatchewan Roughriders at 7-2.

The Stampeders extended their winning streak against their northern rival to 10 in a row, including three straight Labour Day games.

Calgary also bought some playoff insurance by winning the second of three meetings with Edmonton and clinching the season series.

If Calgary is tied in points with the Eskimos at season's end, the Stampeders would get the higher ranking. The Battle of Alberta continues Saturday in Edmonton in their final meeting of the regular season.

THE CANADIAN PRESS

Big career moment.
Chris Kirk wins Deutsche Bank Championship

Chris Kirk made three big putts and captured the biggest win of his career Monday in the Deutsche Bank Championship.

Whether that was enough for U.S. captain Tom Watson to add him to the Ryder Cup team was the least of his concerns.

Kirk won for the second time this season. He went the last 37 holes at the TPC Boston without a bogey. He played the final two rounds with Rory McIlroy and outplayed the No. 1 player in the world. And he closed with a 5-under 66 for a two-shot victory in a FedEx Cup playoff event. THE CANADIAN PRESS

At a glance

- Chris Kirk won for the third time in his career, though never against a field this strong, and never with this much riding on it.

Oakland Athletics

Dunn provides much-needed pop

The fired-up Oakland Athletics came out swinging, and Chris Young's day was short-lived.

Newcomer Adam Dunn hit a two-run homer as Oakland jumped to a five-run lead in the first, and Young failed to make it out of the inning as Seattle lost 6-1 to the Athletics on Monday.

"I wasn't sharp. My stuff wasn't good, it was flat," Young said. "They came out super-aggressive, you could see it. They were motivated. I didn't have it. When I take the ball I expect to perform." THE ASSOCIATED PRESS

Hamels, Phillies bullpen throw no-hitter at Braves

The Phillies' Cole Hamels throws a pitch in the first inning against the Braves on Monday in Atlanta, Ga. JOHN BAZEMORE/THE ASSOCIATED PRESS

Season's fourth.
Relievers wrap up gem of a job with three perfect innings

With their playoff hopes uncertain, Atlanta's struggling batters picked a bad time to get no-hit by Cole Hamels and three Philadelphia relievers.

"You feel like you've hit a good stride," manager Fredi Gonzalez said. "And all of a sudden you go through a stretch where you score one run in 27 innings, and lucky enough to win one of those games."

Hamels and the Phillies bullpen combined on the season's fourth no-hitter, blanking the Atlanta Braves 7-0 Monday.

Jason Heyward drew two walks and stole three bases. Atlanta was otherwise punchless.

It was all the more unusual in that Hamels left the game with his bid intact after six innings. He was fine with the decision, too, having already thrown 108 pitches at a hot afternoon at Turner Field.

"Just understanding the situation, every time I went out there I was battling control issues," Hamels said.

Hamels (8-6) struck out seven, matched a season-high with five walks and hit a batter.

Relievers Jake Diekman, Ken Giles and closer Jonathan Papelbon each pitched a perfect inning to finish off the gem, as a smiling Hamels watched from the bench.

Clayton Kershaw and Josh Beckett of the Dodgers and Tim Lincecum of the Giants threw no-hitters earlier this year. THE ASSOCIATED PRESS

Stunned

"Past the third inning he started throwing the ball where he wanted to."

Braves third baseman Chris Johnson

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
This is a great day for getting things done but be quick because the rest of the week will be taken up by relationship issues that eat into your time.

♉ Taurus
April 21 - May 21
Money matters will go very well indeed today as will anything to do with your working routine. It seems that Lady Luck is very much on your side right now. Make good use of her.

♊ Gemini
May 22 - June 21
Even a Gemini needs help sometimes and you will need it over the next 24 hours. With Mercury moving into the most sociable area of your chart, you'll get the help you require.

♋ Cancer
June 22 - July 23
Don't be tempted to take on too much work today. If you do your standards may have to be lowered. No matter how much others offer you to do more, resist the temptation.

♌ Leo
July 24 - Aug. 23
Start aiming higher. So many times in the past you've had chances to do something special but failed to get started. It may be now or never.

♍ Virgo
Aug. 24 - Sept. 23
If you feel the need to reorder your home life, do so. But don't go making changes that cost a lot of money. There is a lot you can do for free. Be creative.

♎ Libra
Sept. 24 - Oct. 23
Mercury, planet of the mind, moves into your birth sign today, so you'll know what needs to be done. It doesn't mean you have to do it instantly.

♏ Scorpio
Oct. 24 - Nov. 22
There is a danger that in your enthusiasm to show what you can do you will take on too many tasks and spread yourself too thin. Focus on the one thing you are naturally good at today.

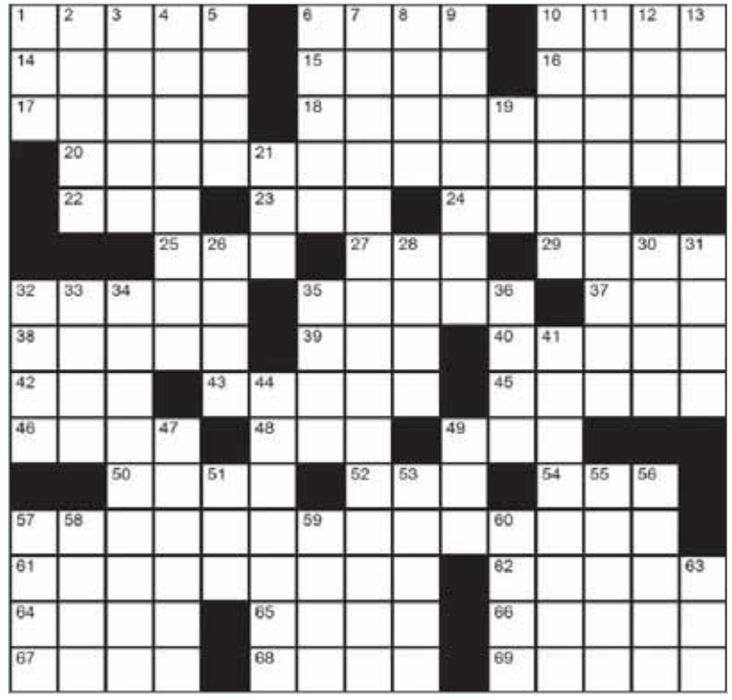
♐ Sagittarius
Nov. 23 - Dec. 21
Doors that have been closed to you in the past will open over the next few days. People who were reluctant to assist you before will now be falling over themselves to help you out.

♑ Capricorn
Dec. 22 - Jan. 20
If a loved one is in trouble today you will ride to their rescue, no questions asked. Be generous with your time and sympathy but be careful with your money.

♒ Aquarius
Jan. 21 - Feb. 19
Get out and extend your range of contacts. You may be an individualist by nature but there is only so much progress you can make on your own.

♓ Pisces
Feb. 20 - March 20
Lately you seem be missing the essential ingredient of luck that every successful person needs. Don't worry: what happens over the next few days will be very much to your benefit.

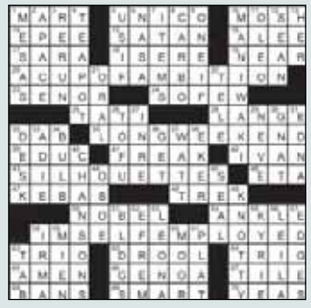
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Sorceress daughter of Helios
6. Daytime breaks
10. Dutch for 'city'
14. Stevie Wonder's "My Cherie __"
15. Butter look-alike
16. Fish type
17. Type of bean
18. Cowboy attraction in Alberta: __ _ __
National Historic Site of Canada
20. Store's stock in September: 2 wds.
22. Bawl
23. Twi'__ (Humanoid species in the 'Star Wars' universe)
24. British WWII submachine gun
25. Summer: French
27. Dye type
29. Mil. units
32. Hooded snake
35. Put __ __ to (Finish)
37. Soup sort
38. Comedian/actress Ms. Butler
39. ABC show, to fans
40. Arctic __
42. Org. on "Homeland"
43. The __ (Customer's diner request)
45. Tenet
46. Ignore
48. Canada-to-England crossing, briefly
49. Ottawa insider, briefly
50. _-__ (Cancel with a cross)
52. Dined
54. Philosopher, __-tzu
57. Pencil case items, perhaps: 2 wds.
61. Mount of Muses
62. Titles in Turkey [var. sp]
64. Mr. Johnson
65. Destiny
66. Dripping
67. Fermented soybean paste
68. River of Flanders
69. Shakira album: 'Donde __ los Ladrones?'

Down
1. Toothpaste tube's twister
2. Janet Jackson hit bit: "_ __ you much..."
3. Gadgets brand on retro TV
4. Marilla __ (Colleen Dewhurst role)
5. Slangy suffix to 'Stink'
6. Aristocratic
7. Dog atop the Yukon's coat of arms: 2 wds.
8. Brazil neighbour
9. Time to eat!: 2 wds.
10. Less freshly-baked
11. Guitar's one-of-six: 2 wds.
12. 'Perform' suffix
13. Morse Code bits
19. Acct.
21. Grand Opry link
26. Russian p.o.p. d.u.o.
28. Enthusiasm
30. Stampeders or Blue Jays
31. Mens __ in corpore sano (Healthy mind/body)
32. Belonging to a Canuck TV network
33. Wholly Part link: 2 wds.
34. Musee des __-__ de Montreal
35. Have _ __ feeling (Sense)
36. Mauritius bird, once
41. Toronto's George Brown, and others
44. Fulfill
47. Malay Archipelago island
49. Apiece
51. "Pull __ _ chair!" (Relax!)
53. Shock weapon
55. Buddhist who has attained Nirvana
56. Japan's city of canals
57. Cyber-cluttering communication
58. Mata __
59. Hockey great Mr. Tikkanen, and others
60. Baby __ (Trendy salad ingredient)
63. Equivalent word [abbr.]

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4	5					2	
7					4		5	
8			9		5	1		
	1			7		8		3
6		2		5			9	
		1	5		8			2
	3		7					9
	5					7	3	

Friday's Sudoku

1	6	4	3	8	7	5	9	2
5	7	2	1	6	9	3	4	8
9	8	3	2	5	4	6	1	7
3	5	1	8	9	6	2	7	4
2	9	7	5	4	1	8	6	3
6	4	8	7	2	3	9	5	1
7	2	6	4	3	5	1	8	9
4	3	9	6	1	8	7	2	5
8	1	5	9	7	2	4	3	6

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Conditions apply. Ex: Vancouver. All advertised prices include taxes & fees. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

EMPLOYEE PRICING†
IT'S BACK

YOU PAY WHAT WE PAY

WORLD'S BEST-SELLING CAR NAMEPLATE‡‡

2014 FOCUS S SEDAN

Employee Price Adjustment	$620
Delivery Allowance	$2,700
TOTAL PRICE ADJUSTMENTS	$3,320**
SHARE OUR EMPLOYEE PRICE	$14,344*

Offer includes $1,665 freight and air tax.

FEATURES:
- Air Conditioning
- Independent Rear Suspension
- Active Grille Shutters

WITH UP TO **$3,320**** IN PRICE ADJUSTMENTS (2014 Focus S Sedan amount shown)

2014 FUSION S

Employee Price Adjustment	$1,140
Delivery Allowance	$750
TOTAL PRICE ADJUSTMENTS	$1,890**
SHARE OUR EMPLOYEE PRICE	$22,309*

Offer includes $1,700 freight and air tax.

FEATURES:
- 6-Speed SelectShift® Transmission
- Voice-Activated SYNC††
- LED Tail Lamps

CANADA'S BEST-SELLING COMPACT SUV♦

2014 ESCAPE S FWD 2.5L

Employee Price Adjustment	$1,255
Delivery Allowance	$500
TOTAL PRICE ADJUSTMENTS	$1,755**
SHARE OUR EMPLOYEE PRICE	$24,494*

Offer includes $1,750 freight and air tax.

FEATURES:
- AdvanceTrac® with Roll Stability Control†††
- 6-Speed Select Shift® Transmission
- Integrated Blind Spot Mirrors

PLUS $1000 LOYALTY & CONQUEST CUSTOMER CASH***

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Retail offers, not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). †Ford Employee Pricing ("Employee Pricing") is available from July 1, 2014 to September 30, 2014 (the "Program Period"), on the purchase or lease of most new 2014/2015 Ford vehicles (excluding all chassis cab, stripped chassis, and cutaway body models, F-150 Raptor, F-650/F-750, Mustang Shelby GT500, 50th Anniversary Edition Mustang and all Lincoln models). Employee Pricing refers to A-Plan pricing ordinarily available to Ford of Canada employees (excluding any Unifor/CAW negotiated programs). The new vehicle must be delivered or factory-ordered during the Program Period from your participating Ford Dealer. Employee Pricing is not combinable with CPA, GPC, CFP, Daily Rental Allowance and A/X/Z/D/F-Plan programs. *Until September 30, 2014 purchase a new 2014 Focus S 4-Door Manual/Fusion S/Escape S FWD with 2.5L engine/Focus ST for $14,344/$22,309/$24,494/$28,434 after total Ford Employee Price adjustment of $3,320/$1,890/$1,755/$3,230 is deducted. Total Ford Employee Price adjustment is a combination of Employee Price adjustment of $620/$1,140/$1,255/$2,480 and delivery allowance of $2,700/$750/$500/$750. Taxes payable on full amount of purchase price after total Ford Employee Price adjustment has been deducted. Offers include freight and air tax of $1,665/$1,700/$1,750/$3,665 but exclude variable charges of license, fuel fill charge, insurance, dealer PDI (if applicable), registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Manufacturer Rebates are not combinable with any fleet consumer incentives. **Until September 30, 2014, receive $3,865/ $4,630/ $3,505/ $5,255/ $2,510/ $4,516/ $1,755/ $3,977/ $7,747/ $9,895/ $1,640/$4,275/ ($7,735/$14,393/$14,911/ ($10,141/ $13,459/ ($10,407/ $13,781/($1,280 /$1,869/ $2,175/ ($3,675/ $5,814/ ($1,370/ $3,457/ ($1,870/ $4,344/ ($2,680/ $6,637/ ($1,395/ $6,188/ ($2,085/ $2,645/ in total Ford Employee Price adjustments with the purchase or lease of a new 2014 C-Max (Hybrid SE/Energi SE)/E-Series (E-150 Commercial Cargo Van/ E-350 Super Duty XL)/ Escape (S FWD/ Sport AWD)/ Edge (SE FWD/ Sport AWD)/ Escape (S FWD/ Titanium 4x4)/ Expedition (SSV 4x4/ Max Limited 4x4)/ Explorer (Base 4x4/ Sport 4x4)/ F-150 (Regular Cab XL 4x4 2.7L/ 3.5L/ box 126" WB/ Super Crew Limited 4x4 5.0L/ box 145" WB/ Super Crew Limited 4x4 3.5L/ box 157" WB/ Super Crew Platinum 4x4 5.0L/ box 145" WB/ Super Crew Limited 4x4 6.2L/ box 157" WB/ Lariat 4x4 5.0/ Crew Cab 8' box 172" WB/ F-250 (XL 4x4 6.2/ Regular Cab 8' box 137" WB/ Lariat 4x4 5.0/ Crew Cab 8' box 172" WB)/ F-350 (XL 4x4 6.2/ Regular Cab 8' box 137" WB/ Lariat 4x4 5.0/ Crew Cab 8' box 172" WB)/ F-450 (XL 4x4 6.2/ Regular Cab 8' box 137" WB/ Lariat 4x4 5.0/ Crew Cab 8' box 172" WB)/ F-550 (XL 4x4 6.2/ Regular Cab 8' box 137" WB/ Lariat 4x4 5.0/ Crew Cab 8' box 172" WB)/ Fiesta (S Auto/SE/Titanium)/ Flex (SE FWD/ Limited AWD)/ Focus (S 4-Door Manual/Fusion S/Escape S FWD with 2.5L engine/Focus ST for $14,344/$22,309/$24,494/$28,434 after total Ford Employee Price adjustment of $3,320/$1,890/$1,755/$3,230 is deducted. Total Ford Employee Price adjustment is a combination of Employee Price adjustment of $620/$1,140/$1,255/$2,480 and delivery allowance of $2,700/$750/$500/$750. Taxes payable on full amount of purchase price after total Ford Employee Price adjustment has been deducted. Offers include freight and air tax of $1,665/$1,700/$1,750/$3,665 but exclude variable charges of license, fuel fill charge, insurance, dealer PDI (if applicable), registration, PPSA, administration fees and charges, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Manufacturer Rebates are not combinable with any fleet consumer incentives. **Until September 30, 2014, receive $3,865/ $4,630/ $3,505/ $5,255/ $2,510/ $4,516/ $1,755/ $3,977/ $7,747/ $9,895/ $1,640/$4,275/ ($7,735/$14,393/$14,911/ ($10,141/ $13,459/ ($10,407/ $13,781/($1,280 /$1,869/ $2,175/ ($3,675/ $5,814/ ($1,370/ $3,457/ ($1,870/ $4,344/ ($2,680/ $6,637/ ($1,395/ $6,188/ ($2,085/ $2,645/ in total Ford Employee Price adjustments with the purchase or lease of a new 2014 C-Max (Hybrid SE/Energi SE)/E-Series (E-150 Commercial Cargo Van/ E-350 Super Duty XL)/ Escape (S FWD/ Sport AWD)/ Edge (SE FWD/ Sport AWD)/ Escape (S FWD/ Titanium 4x4)/ Expedition (SSV 4x4/ Max Limited 4x4)/ Explorer (Base 4x4/ Sport 4x4)/ F-150 (Regular Cab XL 4x4 2.7L/ box 126" WB/ Super Crew Limited 4x4 5.0L/ box 145" WB/ Super Crew Limited 4x4 3.5L/ box 157" WB/ Super Crew Platinum 4x4 5.0L/ box 145" WB/ Super Crew Limited 4x4 6.2L/ box 157" WB/ Lariat 4x4 5.0/ Crew Cab 8' box 172" WB)/ F-250 (XL 4x4 6.2/ Regular Cab 8' box 137" WB/ Lariat 4x4 5.0/ Crew Cab 8' box 172" WB)/ F-350 (XL 4x4 6.2/ Regular Cab 8' box 137" WB/ Lariat 4x4 5.0/ Crew Cab 8' box 172" WB)/ F-450 (XL 4x4 6.2/ Regular Cab 8' box 137" WB/ Lariat 4x4 5.0/ Crew Cab 8' box 172" WB)/ F-550 (XL 4x4 6.2/ Regular Cab 8' box 137" WB/ Lariat 4x4 5.0/ Crew Cab 8' box 172" WB)/ Fiesta (S Auto/SE/Titanium)/ Flex (SE FWD/ Limited AWD)/ Focus (S / ($735/ $7,643/$8,161)/ ($3,891/ $7,209)/ ($4,157/ $7,531)/ ($530/$1,069/ $1,423)/ ($1,675/ $3,814)/ ($620/ $2,957)/ ($1,120/ $3,594)/ ($1,180/ $4,387)/ ($1,595/ $4,188)/ ($1,945/ $2,645)/ ($530/$1,069/ $1,423)/ ($1,675/ $3,814)/ delivery allowance of ($1,500)/ ($0)/ ($750)/ ($500/$1,000)/ ($0)/ $0/ $6,750/ $6,750)/ ($6,250)/ ($6,250)/ ($5,000)/ ($750)/ ($2,000)/ ($750/$500)/ ($750)/ $1,500/ $4,250)/ ($0)/ $2,000)/ ($0) – all chassis cab, stripped chassis, cutaway body, F-150 Raptor, Medium Truck, Mustang Boss 302 and Shelby GT500 excluded. Employee Price adjustments are not combinable with CPA, GPC, CFP, Daily Rental Allowance and A/X/Z/D/F-Plan programs. Delivery allowances are not combinable with any fleet consumer incentives. ***Offer only valid from August 1, 2014 to September 2, 2014 (the "Program Period") to Canadian resident customers who currently (during the Program Period) own or are leasing certain Ford car, Sport Utility Vehicle (SUV), Cross-Over Utility Vehicle (CUV) or Minivan models (each a "Qualifying Loyalty Model"), or certain competitive car, Sport Utility Vehicle (SUV), Cross-Over Utility Vehicle (CUV) or Minivan models (each a "Qualifying Conquest Model") and purchase, lease, or factory order (during the Program Period) a new qualifying 2014 Ford Car, CUV, or SUV (excluding Fiesta, Focus, CMAX, and Shelby GT500). Some eligibility restrictions apply on Qualifying Loyalty and Conquest Models and Eligible Vehicles – see dealer for full offer criteria. Qualifying customers will receive an incentive of CAD$1,000 towards the purchase or lease of the Eligible Vehicle, except for Mustang (excluding Shelby GT500) where qualifying customers will receive an incentive of CAD$1,500. Eligible Vehicle must be delivered and/or factory-ordered from your participating Ford dealer during the Program Period. Limit one (1) incentive per Eligible Vehicle sale, up to a maximum of two (2) separate Eligible Vehicle sales, per Qualifying Conquest/Loyalty Model. Each customer will be required to provide proof of ownership/registration and insurance of the applicable Qualifying Conquest/Loyalty Model (in Canada) for the previous 3 months and the ownership/registration address must match the address on the new Buyer's Agreement or Lease Agreement for the Eligible Vehicle sale. Taxes payable before incentive is deducted. ‡‡Claim based on analysis by Ford of Polk global new registration for CY2012 for a single nameplate which excludes redesigned vehicles, platform derivatives or other vehicle nameplate versions. ♦Based on 2007 - 2013 R. L. Polk vehicle registrations data for Canada in the Large Premium Utility, Large Traditional Utility, Large Utility, Medium Premium Utility, Medium Utility, Small Premium Utility, and Small Utility segments. †Some mobile phones and some digital media players may not be fully compatible with SYNC®3 – check www.syncmyride.com for a listing of mobile phones, media players, and features supported. Driving while distracted can result in loss of vehicle control, accident and injury. Certain MyFord Touch®‡‡ functions require compatible mobile devices. Some functions are not available while driving. Ford recommends that you use caution when using mobile phones, even with voice controls. Data plan rates apply. 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